

Mango Smoothie



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Recipe by: Laura Vitale

Serves 2

Prep Time: 5 minutes

Cook Time: minutes

Ingredients

- __ 1 cup of Frozen Mango
- __ ½ of a Ripe Banana
- __ ¼ cup of Vanilla Yogurt
- __ ¼ cup of Non Fat Milk

Blend all ingredients in a blender and serve
right away!

