

Mango Smoothie

A delightful tropical twist for your morning.

Makes: 4 Servings
Prep Time: 10 mins
Cook Time: N/A

Source: USDA Soulful Recipes

Ingredients

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2 1/2 cups frozen mango chunks, thawed
- Ice cubes

Directions

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Utensils

- Sharp knife
- Cutting board
- Measuring spoons



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	120
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	4 mg
Total Carbohydrates:	30 g
Dietary Fiber:	3 g
Total Sugars:	31 g
Added Sugars:	0 g
Protein	1 g

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$4.12

Average cost/serving: \$1.03

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
100% orange juice, 8 oz or larger



Add 1 to Cart
Small banana



Add 2 to Cart
Mango

Save Time, Save Money

My Cooking Notes

Chef's Notes

- Have a mango that's not yet ripe? Place it in a brown paper bag at room temperature to speed ripening.
- Make sure to choose 100% juice to avoid added sugars.
- When using frozen mango chunks, you can omit the ice cubes in the recipe.