# **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**

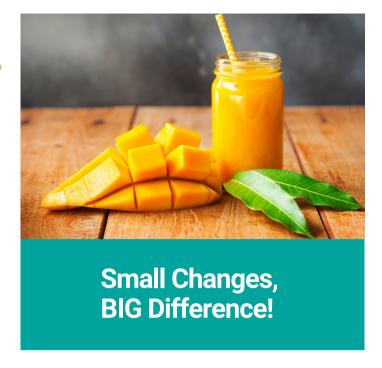
- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2 1/2 cups frozen mango chunks, thawed
- Ice cubes

#### **Directions**

- 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





## **Nutrition Information**

Serving Size: 1 cup Nutrients Amount Calories: Total Fat: <u>0 g</u> Saturated Fat: <u>0 g</u> Cholesterol: <u>0 mg</u> Sodium: 4 mg Total Carbohydrates: 30 g Dietary Fiber: <u>3 g</u> Total Sugars: <u>31 g</u> Added Sugars: <u>0 g</u> **Protein** <u>1</u>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 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.

