

mango shake



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>



Ingredients

2 cups low-fat (1%) milk

4 tablespoons frozen mango juice (or 1 fresh pitted mango)

1 small banana

2 ice cubes

mango shake

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Variations: Instead of mango juice, try orange juice, papaya, or strawberries

Yield 4 servings, **Serving Size** $\frac{3}{4}$ cup, **Calories** 106, **Total Fat** 2g, **Saturated Fat** 1g, **Cholesterol** 5mg, **Sodium** 63mg, **Total Fiber** 2g, **Protein** 5g, **Carbohydrates** 20g, **Potassium** 361mg