mango shake

Ingredients
2 cups low-fat (1%) milk
4 tablespoons frozen mango juice (or 1 fresh pitted mango)
1 small banana
2 ice cubes

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 ¾ cup, Calories 106, Total Fat 2g, Saturated Fat 1g, Cholesterol 5mg, Sodium 63mg, Total Fiber 2g, Protein 5g, Carbohydrates 20g, Potassium 361mg

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