

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



National Heart, Lung,  
and Blood Institute