

Blueberry Mango Smoothie

Ingredients

- 3/4 cup plain, fat-free Greek yogurt
- 3/4 cup fat-free milk
- 3/4 cup frozen, unsweetened blueberries
- 3/4 cup frozen mango chunks
- 1 tablespoon honey
- Splash vanilla extract

Directions

1. Add all ingredients to a blender.
2. Process until the mixture is completely smooth. If the smoothie is too thick, add additional milk.
3. Pour into two glasses and serve immediately.



Nutrition Facts: Serving Size: 2; Calories: 190; Total Fat: 1g; Saturated Fat: 0g; Sodium: 80mg;
Total Carbohydrate: 35g; Dietary Fiber: 3g; Added Sugars: 9g; Protein: 12g; Vitamin D: 1mcg; Calcium: 297mg; Iron: 0mg; Potassium: 311mg