

COOKING FOR WELLNESS

Tropical Mango Smoothie

Ingredients:

- 2 cups frozen Mango
- 1/2 frozen banana
- 1/2 cup Greek yogurt
- 1/4 cup 100% orange juice
- 3/4 cup unsweetened almond milk
- Ice to thin out smoothie to desired texture



Optional ingredients:

- Swap out 2 cups frozen mango for 1 c frozen mango + 1 c frozen pineapple
- Add in 1 scoop vanilla protein powder

Instructions:

1. Place all ingredients into a high-speed blender.
2. Blend on high until smooth. Option to add more orange juice as needed to thin out your smoothie.
3. Serve immediately OR place in refrigerator until ready to consumer. Discard after 24-48 hours

Nutrition Information: Recipe makes 2 shakes

Serving Size: 1

shake **Calories:** 210 **Sugar:** 42 **Sodium:** 56 **Fat:** 1 **Carbohydrates:** 49 **Fiber:** 4 **Protein:** 5

Adapted from Fit Foodie Finds: <https://fitfoodiefinds.com/mango-smoothie-recipe/>



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