



August 30- Mango Raspberry Smoothie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1030780>

Recipe

Ingredients:

½ fresh mango

¼ cup low-fat, plain yogurt

¼ cup almond milk

¼ cup frozen raspberries

Directions:

1. Combine all ingredients in blender; blend until well mixed and creamy.

Yield 1 serving

Nutrition Facts

Serving Size 1 cup (287.24g)

Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 80mg **3%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **19%**

Sugars 34g

Protein 5g **10%**

Vitamin A 25% • Vitamin C 80%

Calcium 25% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.