



May 14- Mango Shake

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/mango-shake>

Recipe

Ingredients:

- 2 cups milk
- 4 Tablespoons mango juice or 1 fresh mango
- 1 banana
- 2 ice cubes

Directions:

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Yield 4 servings

Nutrition Facts

Serving Size 3/4 cup (166.25g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 15g **5%**

Dietary Fiber <1g **3%**

Sugars 12g

Protein 4g **9%**

Vitamin A 6% • Vitamin C 6%

Calcium 15% • Iron 0%

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