

Orange Creamsicle Smoothie

Ingredients:

- 1 cup frozen mango, cubed
- 1 banana
- 1 cup milk (or ½ cup peach yogurt)
- ½ cup orange juice
- 1 cup crushed ice or 6 ice cubes

Making it:

1. Combine all ingredients in a blender.
2. Blend until smooth.



Tips and Hints:

- Budget saving tip: Look for when mangoes are on sale. Buy a box. As soon as they are ripe, chop into cubes and freeze.

NUTRITION FACTS

Servings: 1
Serving Size: 1 smoothie

Total Calories	354
Carbohydrate	86 g
Total Fat	0 g
Protein	11 g
Fiber	7 g

Prep Time: 5
Cook Time: 0