Mango shake



Recipe credit

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

About this recipe

Serves
4
Serving size
3/4 cup

Ingredients

- 2 cups milk (low-fat 1%)
- 1 fresh pitted mango (or 4 Tablespoons of frozen mango juice)
- 1 banana (medium)
- 2 ice cubes

Directions

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

Nutritional info

Calories
109
Total fat
1 g
Cholesterol
6 g
Sodium
55 mg
Total carbohydrates
21 g
Dietary fiber
2 g
Protein
5 g
Total sugar
17 g
Allergens
Dairy

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