Mango Smoothie



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Recipe by: Laura Vitale

Serves 2

Prep Time: 5 minutes Cook Time: minutes

Ingredients

- 1 cup of Frozen Mango
 ½ of a Ripe Banana
 ¼ cup of Vanilla Yogurt
 ¼ cup of Non Fat Milk

Blend all ingredients in a blender and serve right away!

