



Mango Tango Smoothie

Ingredients:

- ¾ cup Orange juice
- 1 ½ cups ripe mango chunks
- 1 Banana
- ½ cup plain yogurt
- 1 cup frozen pineapple chunks
- 1 cup ice cubes

Nutritional Information:

- Servings: 2
- Servings size: 16 fl oz
- Calories: 259 kcal
- Carbohydrates: 60 g
- Sugar: 40 g
- Protein: 4 g
- Fat: 12 g
- Saturated Fat: 1.7 g
- Fiber: 7 g
- Sodium: 60 mg
- Cholesterol: 0 mg

Instructions:

Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.