

Mango Peach Smoothie



TULSA HEALTH
Department
School Health Program

Yield: Two 12oz servings

Ingredients

- ½ cup vanilla almond milk
- 1 cup vanilla low fat Greek yogurt
- 1 tablespoon of honey
- 2 teaspoons of lime or lemon juice
- 1 cup diced peaches, fresh or frozen
- 1 cup chopped mango, fresh or frozen
- ½ cup baby carrots (shredded for smoother consistency)
- ½ cup ice (If using frozen fruit, it may not be needed)

Directions

- Add carrots and milk to blender, blend until carrot pieces are well blended.
- Add yogurt, honey and lime/lemon juice and blend.
- Add peaches and mango to blender and blend until smooth.
- If using fresh fruit, add ice to thicken smoothie.

****If too creamy, use ½ cup yogurt and ¾ - 1 cups milk next time!

Nutrition

Serving Size: 12 oz cup | Calories: 250 kcal | Total Carbohydrates: 46 g | Protein: 12 g
Fat: 3g | Saturated Fat: 1 g | Cholesterol: 11 mg | Sodium: 135 mg | Dietary Fiber: 6 g
Sugar: 40g | Added sugar: 13g | Vitamin C: 72% | Calcium: 27% | Vitamin A: 34 % | Iron: 7%