

# Mango Yogurt Smoothie

## INGREDIENTS:

- 4-7 ice cubes
- 1 cup (8 ounces) plain fat-free yogurt
- ¼ cup mango slices in extra light syrup,\* drained
- 1 teaspoon sugar substitute (optional)
- mango slices for garnish (optional)

## DIRECTIONS:

Place ice in bottom of blender. Add yogurt, mango and sugar substitute, if desired. Blend ingredients until smooth.

Pour into a tall glass and garnish with mango slices, if desired.

Serve immediately.

\*Mango slices can be found in jars in your grocery store's produce section.

**Makes:** 1 servings

**Prep time:** 5 minutes

### NUTRITIONAL FACTS PER SERVING

Calories: 180  
Total Fat: 0 g  
Saturated Fat: 0 g  
Cholesterol: 5 mg  
Sodium: 140 mg  
Calcium: 30% Daily Value  
Protein: 11 g (10 grams  
from dairy)  
Carbohydrates: 40 g  
Dietary Fiber: 2 g