

# Whole Fruit Shake

3 SERVINGS, 1 CUP EACH



## Ingredients:

2 cups nonfat milk  
1 fresh pitted mango  
1/8 tsp. vanilla extract  
2 ice cubes

## Directions:

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

## Variations:

Instead of mango, try an orange,  
1 cup berries or papaya, or 1 medium  
banana.

*Per Serving: 150 Calories; 1 gram Total fat; 0.5 gram Saturated fat; 110 mg Sodium*  
1 serving = 1 cup dairy; 1 cup fruit