

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*