

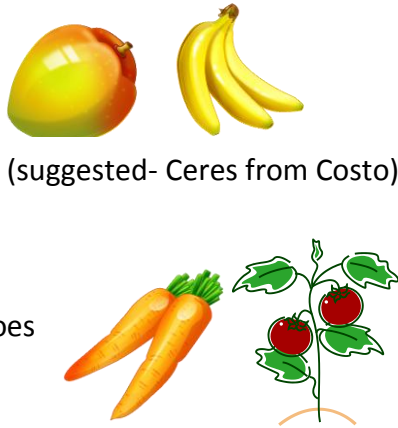
MBS

Mango-Ana Smoothie

By: The Fentons

Ingredients:

- 1 cup 100% Mango Juice (suggested- Ceres from Costo)
- 1 ripe banana
- 1 cup vanilla yogurt
- 3 baby carrots
- 3 grape or cherry tomatoes
- 3 ice cubes



Directions:

1. Prepare and measure ingredients.
2. Place all ingredients into a blender and blend on high until the carrot pieces are hardly noticeable.
3. Serve and enjoy!

Makes 4 Servings

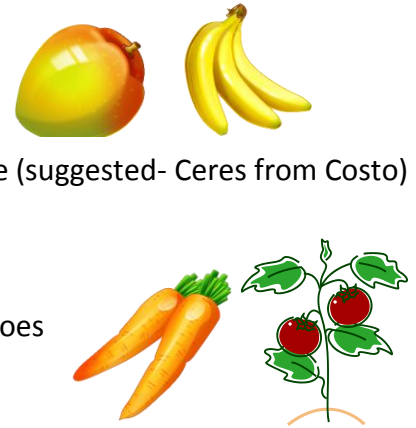
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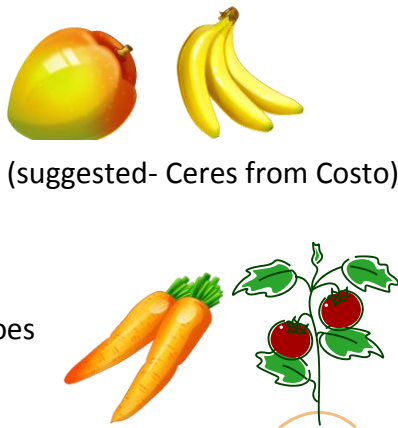
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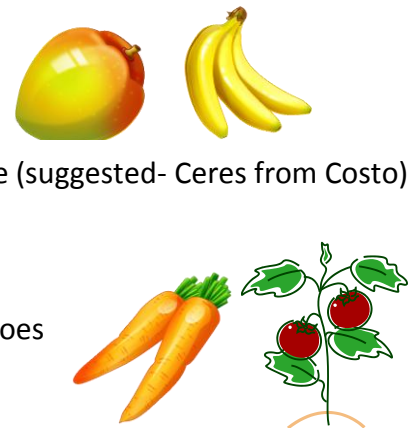
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MBS**Mango-Ana Smoothie**

Serving Size: 8 oz. portion

Calories	197
Total Fat	1.69g
Saturated Fat	1.03g
Trans Fat	--
Cholesterol	5mg
Sodium	67mg
Carbohydrate	43g
Dietary Fiber	1.74g
Protein	5g
Vitamin A	28mg (RE)
Vitamin C	32mg
Calcium	135mg



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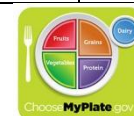


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