

Mango Green Tea Smoothie

Ingredients:

- 2 cups mango, frozen
- 1/2 inch piece fresh ginger, peeled and finely chopped
- 1 cup green tea
- 1 cup crushed ice
- 1 tablespoon honey

Directions

Combine all ingredients in a blender or food processor; process until smooth; and serve.

Nutrition Facts	
Serving Size (178g)	
Servings Per Container 2	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 31g	
Protein 1g	
Vitamin A 35%	• Vitamin C 110%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

