

Strawberry Mango Smoothie

Ingredients:

- 2 cups strawberries, frozen or fresh
- 1 mango, cut into chunks
- 1 cup almond milk
- 2-3 cups ice (amount of ice needed may vary depending on whether strawberries are fresh or frozen)
- 1 tablespoon honey (optional)

Directions

Place all ingredients in blender and blend until smooth. Serve!

Tip: Don't put honey directly on ice as it will tend to harden up and will not blend into drink as easily.

Nutrition Facts

2 servings per container	
Serving size	(436g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 38g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 142mg	10%
Iron 1mg	6%
Potassium 598mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

