

Mango Tango Protein Smoothie



Ingredients

- 4 ounces low-fat milk or plain soymilk
- 1 scoop vanilla, 100% whey protein isolate powder
- ½ cup fresh or frozen blueberries
- ½ cup frozen mango cubes or slices
- 1-2 ice cubes

Directions

1. In a blender or smoothie maker pour 4 ounces of milk and 1 scoop of protein powder
2. Add ½ cup blueberries and ½ cup frozen mangoes
3. Toss in 1-2 ice cubes
4. Blend for 30-50 seconds

Nutrition Facts

Serving Size 1 smoothie	
Amount Per Serving	
Calories 225	Calories from Fat 27
Total Fat	3g
Cholesterol	10mg
Sodium	125mg
Total Carbohydrate	26g
Dietary Fiber	4g
Protein	22g

TIP

Add 1 Tbsp. of ground flax seeds for a healthful boost of omega 3s

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