

Mango shake



Recipe credit

[National Heart, Lung and Blood Institute \(NHLBI\), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

About this recipe

Serves

4

Serving size

3/4 cup

Ingredients

- 2 cups milk (low-fat 1%)
- 1 fresh pitted mango (or 4 Tablespoons of frozen mango juice)
- 1 banana (medium)
- 2 ice cubes

Directions

Put all ingredients into a blender. Blend until foamy. Serve immediately.

Nutritional info

Calories

109

Total fat

1 g

Cholesterol

6 g

Sodium

55 mg

Total carbohydrates

21 g

Dietary fiber

2 g

Protein

5 g

Total sugar

17 g

Allergens

Dairy

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