



Mango Yogurt Smoothie

Makes 1 serving

4-7 ice cubes

1 cup (8 ounces) plain fat-free yogurt

3/4 cup mango slices in extra light syrup*

Mango slices for garnish (optional)

1. Place ice, yogurt and mango in blender.
2. Blend ingredients until smooth.
3. Pour into glasses and garnish with mango slices if desired.
4. Serve immediately.

*Mango slices can be found in jars in the produce department.

