



## HEALTHY MANGO YOGURT SMOOTHIE

June 21

National Smoothie Day

### INGREDIENTS

- 8 Cups Frozen Mango Chunks
- 4 Cups Low-Fat Plain Yogurt (no more than 12 grams of added sugars per 6 ounces)
- 2 Tablespoons Honey
- 4 Teaspoons Lime Juice
- 1 Teaspoon Ground Cinnamon

### DIRECTIONS

1. Place all the ingredients into a blender.
2. Blend on high until smooth, about a minute or so.

\*Be sure to serve this with another component besides milk. A breakfast cannot be two beverages.

### MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

 Fruit

\*Counts as Daily Juice Serving

### MEAL TYPE

 Breakfast

### YIELD

6 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups