

BLUEBERRY MANGO SMOOTHIE



INGREDIENTS

- 3/4 cup plain, fat-free Greek yogurt
- 3/4 cup fat-free milk
- 3/4 cup frozen mango chunks
- 3/4 cup frozen, unsweetened blueberries
- 1 tablespoon honey
- Splash vanilla extract

DIRECTIONS

1. Add all ingredients to a blender. Process until the mixture is completely smooth. If the smoothie is too thick, add additional milk. Pour and serve immediately.



Recipe courtesy of the American Heart Association