

# Mango Smoothie



SERVINGS: 1  
PREPPING TIME: 10 MIN  
COOKING TIME: 5 MIN

## Ingredients

- 1 serving vanilla whey or vegan protein powder
- 1 cup coconut or low-fat unsweetened milk
- 1 tablespoon low-fat Greek or coconut yogurt
- 1/8 cup mango chunks, frozen
- 1 cup ice

## Directions

- Gather all ingredients
- Prepare blender
- Place all ingredients into blender
- Blend until desired consistency
- Serve!