

MANGO BANANA SMOOTHIE

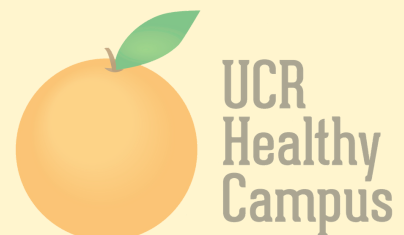


INGREDIENTS

- 1 cup bananas, sliced
- 1 cup mangos, sliced
- 1/2 cup orange juice
- 1 tbsp honey

INSTRUCTIONS

1. Peel and cut the banana and mango into chunks
2. Add a tablespoon of honey into blender
3. Add in the banana and mango
4. Add in the orange juice
5. Blend until smooth
6. Add smoothie into a cup of ice
7. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 1

Calories	310
Total fat	1.4 g
Saturated fat	0.4 g
Cholesterol	0 mg
Sodium	12 mg
Total carbohydrates	77.7 g
Dietary fiber	6.8 g
Sugar	57 g
Protein	3.9 g
Vitamin D	0 mcg
Calcium	35 mg
Iron	2 mg
Potassium	1068 mg

