



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Strawberry Banana Mango Smoothie



1 cup frozen mango, banana,
strawberry blend
1/2 cup nonfat plain Greek yogurt

1/2 cup nonfat milk
1/2 cup orange juice

Instructions: Add ingredients, in order, to a blender and puree until smooth.
Serve immediately.

Yield: 2 servings

Nutrition Facts (per serving): 110calories, 0 grams fat, 35 milligrams sodium, 29 grams carbohydrate, 2 grams fiber, 3 grams protein