

Mango Banana Smoothie

INGREDIENTS **12 SERVINGS** **10 MIN**

- 3 ripe bananas, or frozen for creamier texture
- 3 cups mango
- 1.5 cups fresh spinach leaves
- 3 cups nonfat plain Greek yogurt
- 1.5 cups lowfat milk
- 1.5 teaspoons vanilla extract
- 3/4 tbsp ground flaxseed, optional

PROCEDURE

1. Blend 1/4 tbsp flaxseed, 1/2 cup of spinach, 1 cup of Greek yogurt, 1 banana, 1/2 cup of milk, 1/2 tsp vanilla extract, 1 cup of mango, in a blender until you get a smoothie consistency.
2. **Repeat 2 more times.**



This smoothie provides a rich source of antioxidants, vitamins, minerals, protein, and probiotics.



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