Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

Makes 4 servings.
1 cup per serving.
Prep time: 5 minutes

Ingredients
1 large banana
2 cups strawberries
2 ripe mangos, chopped
½ cup of ice cubes

Preparation
1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 121, Carbohydrate 31 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 3 mg