



banana mango smoothie

No gym-and-tonic today. This deliciously frosty and fruity banana mango smoothie will quench your thirst while filling you with calcium and vitamins.

SERVES: 1



julie albert & lisa gnat

ingredients

- 1 cup frozen peeled and diced mango
- 1 large ripe banana, sliced
- ½ cup skim milk
- 1 tsp honey
- ¼ tsp vanilla extract

directions

1. Using a blender, blend mango, banana, milk, honey and vanilla extract on high speed until slushy and well combined.



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*“We’re all kind of crazytown
banana pants.”*

– PIERCE, 'COMMUNITY'

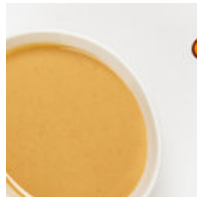
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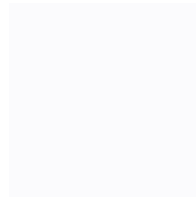
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