



## Fruit Smoothie

### Instructions:

Add all the ingredients into a blender and puree for 3 minutes.

**Counts as 1 breakfast**

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**Prep Time:**

4 minutes

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**Cook Time:**

n/a

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### Ingredients:

100 calorie Greek yogurt

1 cup frozen mango chunks

1/4 cup frozen strawberries

ice or water as needed for  
desired consistency