

Halloween Fruit Smoothie

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-fruit-recipe-ideas>

Ingredients:

- 2 cups Orange TruMoo Limited Edition, Scream milk
- 1 cup frozen mango chunks
- 1 cup frozen strawberries
- 1 banana cut into chunks

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 64 grams
3. Fiber: 14 grams
4. Protein: 3 grams
5. Sodium: 5 milligrams
6. Sugar: 23 grams

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