

# Mango Smoothies

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/pickled-mango-recipe-malaysian>

## Ingredients:

- 2 mangoes peeled, pitted and cut into 1-inch dice
- 1 cup plain yogurt see related recipe at left
- 1/2 cup milk
- 1 banana coarsely chopped
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 105 milligrams
9. Sugar: 49 grams

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