

# Blueberry Mango Smoothie

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-smoothie-recipe-with-greek-yogurt>

## Ingredients:

- 1 cup blueberries frozen
- 1 cup mango chunks
- 1 cup plain greek yogurt I used Chobani 0%
- 1/4 cup soy milk vanilla, almond milk, or skim milk or water, the liquid helps it blend

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 75 milligrams
9. Sugar: 28 grams

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