



Beyond Berry Mango Smoothie



Entire recipe: 122 calories, 0g total fat (0g sat. fat), 2mg sodium, 31.5g carbs, 4g fiber, 25g sugars, 1g protein

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Prep: 5 minutes



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Ingredients

3/4 cup frozen unsweetened mango chunks, partially thawed
1/2 cup chopped seedless cucumber
5 frozen unsweetened strawberries, partially thawed
12 mint leaves
1/2 tsp. fresh lime juice
1 no-calorie sweetener packet (like Splenda or Truvia)
1 cup crushed ice *or* 5 - 8 ice cubes

Directions

Add all ingredients to a blender, along with 3/4 cup water. Blend at high speed until smooth, stopping and stirring if needed. Pour and sip!

MAKES 1 SERVING

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