



Mango Colada



Entire recipe (about 16 oz.): 237 calories, 0.5g total fat (0.5g sat. fat), 30mg sodium, 26g carbs, 2.5g fiber, 22g sugars, 10g protein

Prep: 5 minutes



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Ingredients

3 tbsp. vanilla protein powder with about 100 calories per serving
3/4 cup frozen mango chunks (no sugar added), slightly thawed
1 1/2 oz. white rum
1/8 tsp. coconut extract
1 cup crushed ice (about 8 ice cubes)

Directions

Place all ingredients in a blender. Add 1/2 cup water, and blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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