



Tropical Snack Smoothie



Entire recipe: 155 calories, 2g total fat (0g sat. fat), 133mg sodium, 35g carbs, 4.5g fiber, 23.5g sugars, 1.5g protein

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Prep: 5 minutes



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Ingredients

3/4 cup [unsweetened vanilla almond milk](#)
1/2 cup frozen unsweetened mango chunks, partially thawed
1/2 cup sliced ripe banana (about half of a large banana)
1/4 tsp. cinnamon
1/2 cup crushed ice (or 5 - 8 ice cubes)
Optional: no-calorie sweetener

Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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