

Dessert

Mango Melba Shakes

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Servings: 3

Start to Finish Time: 5 minutes

1/4 cup 2% milk

1 1/2 cups vanilla ice cream

1 cup frozen unsweetened sliced peaches

1/2 cup mango, peeled and chopped

1/2 cup fresh raspberries

In a blender, combine all of the ingredients. Cover and process for 30 seconds or until smooth.

Pour into chilled glasses.

Serve immediately.

Per Serving (excluding unknown items): 171 Calories; 8g Fat (39.5% calories from fat); 3g Protein; 24g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 63mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.