
Sunshine Smoothie

Southern Living 2020 Annual Recipes

Servings: 2

Start to Finish Time: 10 minutes

1 1/2 cups matchstick carrots

1 cup frozen mango chunks

1 cup vanilla whole milk yogurt

1/2 cup fresh orange juice

1/2 cup ice cubes

1 tablespoon honey

In a blender, combine the carrots, mango, yogurt, orange juice, ice cubes and honey.

Process until smooth, about 45 to 60 seconds.

Beverages

Per Serving (excluding unknown items): 60 Calories; trace Fat (1.7% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fruit; 1/2 Other Carbohydrates.