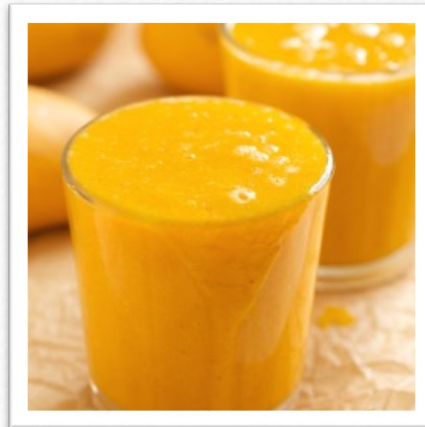


# Mango Madness Smoothie



March Madness is here and we are celebrating with a Mango Madness Smoothie!

Zeaxanthin is an antioxidant found in mangos that filter out harmful sun rays. Zeaxanthin also has properties that protect eye health and reduce damage that occurs from macular degeneration. Carrots aren't the only food that are good for your eyes! This smoothie provides more than 7 g of fiber per serving as well as 3 servings of fruit.



## Mango Fun Facts!

- Mangos are related to cashews and pistachios
- Mangos are the most popular fruit in the world
- As a mango ripens, the vitamin A content increases
- 1 cup of mango provides 100% of your daily vitamin C need

## Ingredients

1½ cups frozen diced mango  
1 banana  
¼ cup fat-free vanilla yogurt  
4 oz. 100% apple juice

## Directions

1. Add all ingredients into blender, cover and puree until smooth.
2. Enjoy!

## Yields - 16 oz.

Calories: 342  
Sodium: 43 mg

Protein: 5 g  
Fiber: 7 g

Carb: 84 g

Fat: 1 g