

COCO MANGO SMOOTHIE

INGREDIENTS

For 1 serving

- ¼ cup light coconut milk
- ½ cup frozen mango chunks
- ½ cup nonfat plain yogurt
- 4 tsp Turbinado or light brown sugar
- 1 Tbsp Better 'N Peanut Butter
- 1 Tbsp ground flax, optional
- ¼ tsp imitation coconut extract
- 1¼ cups ice cubes

DIRECTIONS

In a blender container, combine all ingredients except ice cubes.

Blend until smooth

Add ice cubes through feed tube, one at a time, until thick and smooth.