

Mango Shake

Yield 4 servings

Ingredients

2 cups	milk (low-fat 1%)
4 tablespoons	mango juice (or 1 fresh pitted mango) (frozen)
1	banana (small)
2	ice cubes

Instructions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Cost

Per recipe: \$1.06

Per serving: \$0.27

Source

National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

Nutrition Facts

Serving Size 3/4 cup (174g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 4g

Vitamin A 8% • Vitamin C 8%

Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4