



Cut at the line for a 4x6 Recipe Card

**Everyday Recipes: [everydayrecipes.ca](http://everydayrecipes.ca)**

## ***Mango Smoothie***

(Beverages, Canada)

### Ingredients:

- 1 cup mango, peeled and diced
- 1 cup plain or vanilla yogurt
- 1/2 cup crushed ice
- milk, optional

### Directions:

Place Mango, yogurt and ice in a blender or food processor and blend. If too thick add a little milk.

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