



Healthy Eating & Weight Loss

Mango Tropical Smoothie

- 1 ripe mango, peeled and cut into chunks (or 1 cup frozen mango)
- 1 ripe papaya, peeled, seeded and cut into chunks
(or 1 cup frozen papaya or mango if papaya not available)
- 1/2 cup plain nonfat yogurt
- 2 scoops Protein Powder (I use Amplify)
- 2 tablespoons honey
- 1 teaspoon fresh lime juice
- 6 ice cubes

Puree in blender or smoothie maker and serve immediately -- Makes 2 servings

340 calories, 25g protein per serving

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<http://www.douglasvilleweightloss.com>