



# Mighty Smoothie

## featuring Mango

- |         |                               |
|---------|-------------------------------|
| 1 cup   | Mango chunks, frozen or fresh |
| ¼ ea.   | Banana                        |
| 2 tbsp. | Yogurt, plain                 |
| ¼ cup   | Apple juice                   |
| 1 tsp.  | Vanilla extract               |
| ¼ cup   | Ice cubes                     |

Place all ingredients into a blender and puree until smooth.



Provided in partnership with Chef & Child Foundation

The Chef & Child Foundation's mission is to educate children and families in understanding proper nutrition through community-based initiatives led by ACF chef members.

Chef & Child programs are available for on [www.acfchefs.net/ccfprograms](http://www.acfchefs.net/ccfprograms).