

Strawberry Banana Mango Smoothie Bowl

2 servings

Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice.

- 1 banana, frozen or fresh, if fresh, gently rub under cold running water
 - 1 cup frozen strawberries
 - 1 cup frozen mango chunks
 - $\frac{2}{3}$ cup low-fat milk*
 - Toppings: granola, chia seeds, fresh fruit, nuts, coconut flakes
1. Wash hands with soap and water.
 2. Place bananas, strawberries, mango and milk in a blender and process on high until smooth.
 3. Pour smoothie into a bowl.
 4. Top with desired toppings.
 5. Store leftovers in a sealed container in the freezer.



*Based on desired thickness and blender, you may need to add more milk. If it is too thick, add more milk. If it is too thin, add more frozen fruit.

Nutrition Information per Serving (1/2 of recipe): Calories 170, Total Fat 1g, Saturated Fat 0.5g, Protein 4g, Total Carbohydrate 40g, Dietary Fiber 4g, Total Sugars 29g, Added Sugars 0g, Sodium 40mg.

Recipe Source: Nebraska Extension