

Tropical Smoothie

Prep Time: 5 minutes Yield: 2 servings

Preparations:

1. In a blender, **COMBINE** the mango, strawberries, milk, yogurt, and extract.
2. **SQUEEZE** the juice from one half of the orange, reserving the remaining half for garnish.
3. **BLEND** until smooth.
4. **SERVE** and **ENJOY!**



Ingredients:

- 1 cup fresh or frozen diced mango
(peach may be substituted for those with allergies)
- 1 navel or other large orange
- 5 large strawberries (approximately 1/2 cup)
- 1/2 cup milk, any variety
- tablespoons vanilla yogurt
- 1/4 teaspoon almond extract



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Recipe courtesy of:
Florida Dairy Farmers
Floridamilk.com