

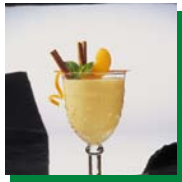
Mango Tango

- 1 3/4 cups (425 ml) Milk
- 1 large mango
- 2 tbsp (30 ml) frozen orange-peach-mango juice concentrate
- 4 ice cubes
- 1/8 tsp (0.5 ml) almond extract (optional)

Blend all ingredients until smooth.

Makes about 2 cups (500 ml).

Per serving of 1 cup (250 ml): 205 calories; 8.2 g protein; 34.7 g carbohydrate; 4.6 g fat; 237 mg calcium



Recipe provided by Dairy Farmers of Canada
www.dairygoodness.ca