

# Mango-Peach Smoothie

Everyone loves fruit drinks. This one mixes bananas, peaches, and mango with gluten-free yogurt for a healthy snack.

## WHAT YOU NEED:

- 2 bananas
- 2 peaches
- 1 mango
- 1 cup gluten-free plain yogurt
- 1 teaspoon sugar
- 1 teaspoon ground cinnamon
- 10 ice cubes

## TO MAKE THE RECIPE

- 1 Peel and slice bananas; peel, pit, and chop peaches and mango. Place fruit in a blender. Add yogurt, sugar, and cinnamon.
- 2 Cover and blend on low speed until combined. Add ice cubes. Cover and blend on high speed until well mixed. Serve cold. Serves 2.

**Nutrition Per Serving:** 320 calories, 3g fat, 1g saturated fat, 7mg cholesterol, 89mg sodium, 71g carbohydrate, 8g fiber, 10g protein

