

# Cool and Easy Mango Smoothie

Ingredients: serves 1-2

- 1 4oz. package pure mango puree
- 2 Slices canned peaches (reserve the juice) optional: use fresh peach
- 1 Medium strawberry
- 1 2" x 2" chunk pineapple

Directions:



Put all ingredients in a tall mixing cup. Or, put into blender pitcher. Add 1-2 Tbs. of reserved peach juice. Use a stick blender or regular blender to mix. No need to add ice because the frozen mango takes care of that.

Pour the mixture into a pretty glass and sip your cool, delicious, nutritious drink.