

FRESH STRAWBERRY-MANGO MILKSHAKE

10 strawberries, hulled
1 mango, peeled and sliced
3 tbsp. natural sugar
2 tsp. natural vanilla extract
1/2 c. low-fat milk
6 ice cubes
1/3 c. plain yogurt

- Put everything but the fruit into the blender and blend on low speed, gradually increasing speed.
- When the mixture becomes smooth, add the fruit and finish blending until completely smooth.
- Pour into your favorite tall glass and enjoy.

Yield 3 servings



STRAWBERRIES ARE PREDOMINANTLY GROWN IN:
Alachua, Hillsborough, Manatee, Pasco, Polk

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner
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