

Mango Smoothie

Naturally sweet with a whole grain twist

Ingredients	Volume	Grams	Percent
Vanilla Low-Fat Yogurt	1 cups	225	45
Almond Milk Unsweetened	1/2 cup	110	22
Frozen Mango Chunks	1 cup	150	30
InnoSweet™ Sprouted Whole Wheat Powder	4 tbsp	14	3

Method

1. Combine all ingredients in blender and puree.
2. Pour and serve.



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