

## Strawberry Banana Mango Smoothie Bowl

2 servings

---

Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice.

---

- 1 banana, frozen or fresh, if fresh, gently rub under cold running water
  - 1 cup frozen strawberries
  - 1 cup frozen mango chunks
  - $\frac{2}{3}$  cup low-fat milk\*
  - Toppings: granola, chia seeds, fresh fruit, nuts, coconut flakes
1. Wash hands with soap and water.
  2. Place bananas, strawberries, mango and milk in a blender and process on high until smooth.
  3. Pour smoothie into a bowl.
  4. Top with desired toppings.
  5. Store leftovers in a sealed container in the freezer.



\*Based on desired thickness and blender, you may need to add more milk. If it is too thick, add more milk. If it is too thin, add more frozen fruit.

**Nutrition Information per Serving (1/2 of recipe):** Calories 170, Total Fat 1g, Saturated Fat 0.5g, Protein 4g, Total Carbohydrate 40g, Dietary Fiber 4g, Total Sugars 29g, Added Sugars 0g, Sodium 40mg.

Recipe Source: Nebraska Extension