

# RECIPE

## Breakfast in a Cup

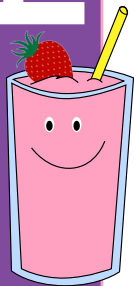
Start to Finish: 15 minutes Servings: 4

### Ingredients:

- 1 cup fat-free milk
- 1 cup orange juice
- 1 cup fat-free vanilla yogurt
- 2 cups mango, sliced
- 2 bananas, sliced
- 1 tablespoon orange juice concentrate
- 1 teaspoon vanilla
- 2 cups ice

### Directions:

1. Place all ingredients into blender and blend until smooth.  
Serve immediately.



### Nutrition Information Per Serving:

240 Calories; 1 g Total Fat; 0 g Saturated Fat; 0 mg Cholesterol; 3 g Fiber; 85 mg Sodium;  
54 g Carbohydrates; 47 g Sugar; 7 g Protein