

Creamy Mango-Berry Smoothie



Ingredients:

- 1 cup mango chunks, frozen
- 1/2 cup blueberries, frozen
- 1/2 cup blackberries, frozen
- 2 cups light coconut milk
- 2 teaspoons vanilla extract

Instructions:

1. Mix all ingredients in a blender and blend until smooth.
2. Serve immediately.
3. Refrigerate leftovers.

Servings: 2



Tarrant County Public Health
<http://health.tarrantcounty.com>