



Mango Smoothie

Makes about 2 cups

The mango and lime make this smoothie sweet, tart, and very flavorful. It's chock-full of calcium and vitamin C. I love how thick it is from the mango nectar.

2/3 cup mango nectar
1 cup chunks fresh mango
1/2 cup plain yogurt
1 small banana, cut into chunks
1 teaspoon fresh lime juice
Honey

Place the mango nectar, fresh mango, yogurt, banana, and lime juice in a blender; puree until smooth. Taste, and if you'd like it sweeter, add some honey, a tablespoon at a time, blending after each addition, until it's sweet enough.

