

## Banana Mango Shake



### Ingredients:

- 2 cups low-fat milk
- 1 mango, peeled and diced
- 1 banana
- 2 ice cubes

### Directions:

1. Add all ingredients to a blender.
2. Blend until smooth and foamy.
3. Serve immediately.

Makes 4 servings.



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