

Mango Banana Smoothie

Adapted from ACF Chef & Child Foundation's Recipe Collection

For ACF San Francisco Chapter Chef & Child Events



Makes 2 8-ounce servings

Ingredients:

1 cup Mango chunks, frozen or fresh

¼ Banana, fresh

2 tbsp. *Non-fat Yogurt, plain

1 tsp. Vanilla extract

¼ cup Ice cubes, add more if thicker smoothie is desired

Preparation:

Place all ingredients into a blender and puree until smooth.

Pour into 2 tall glasses. Enjoy!

Nutrition Facts per serving: Calories (kcal): 354 kcal, Total Fat (g): 1.3 g, Sodium (mg): 92.5 mg, Carbohydrate (g): 71.5 g, Dietary Fiber (g): 2 g, Protein (g): 8, Calcium: 30%, Vitamin C: 45%
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***Recipe tips!**

- Plain soy yogurt can be substituted for cow milk yogurt but nutrient content will vary.
- Increase the flavor and sweetness by adding more fruits. Infants and young children should not have added sugars.

Recipe altered and nutrition facts developed by Denise L. Chapel, RDN, CCC, for Chef & Child Initiative 2026.