

eat well, anytime,
anywhere

Super Grover's Power Smoothie

INGREDIENTS

- 1 large mango
- 1/3 cup peach sorbet
- 1/2 cup non-fat vanilla yogurt
- 1/4 cup orange juice

INSTRUCTIONS

- » Peel and cut mango into small cubes.
- » Place in a blender and “pulse” twice to chop.
- » Stir in the remaining ingredients. Mix well; blend until smooth.

Makes 2 servings.
Each serving provides 170 calories, 4 grams protein, 39 grams carbohydrate, 0 gram fat, 44 milligrams sodium, 2 grams fiber.

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Recipe courtesy of the
National WIC Association

