



Raspberry-Peach-Mango Smoothie Bowl

Ingredients *Serves 1*

- 1 cup frozen mango chunks
- 1 teaspoon vanilla extract
- 1 tablespoon sliced almonds, toasted if desired
- 1 tablespoon unsweetened coconut flakes, toasted if desired
- ½ - 1 teaspoon chia seeds
- ¾ cup nonfat plain Greek yogurt
- ¼ cup reduced-fat milk
- ¼ ripe peach, sliced
- ⅓ cup raspberries

Nutrition *Per Serving*

374 Calories, Total Fat: 10 g, Saturated Fat: 5 g, Cholesterol: 13 mg, Carbohydrates: 50 g, Fiber: 8 g, Total Sugars: 40 g, Added Sugars: 0 g, Protein: 24 g, Sodium: 94 mg, Potassium: 864 mg, Folate: 101 mcg

Calcium: 319 mg

Preparation

Total Time: 10 minutes

STEP 1: Combine mango, yogurt, milk, and vanilla in a blender. Puree until smooth.

STEP 2: Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut, and chia seeds to taste.