

Spiced Mango Shake

Sweet, spicy, and delicious

INGREDIENTS:

- 1 Unflavored Juven[®] packet
- ¼ cup skim or 2% milk
- 1 cup frozen mango pieces
- ½ cup nonfat vanilla yogurt
- ½ tsp fresh chopped ginger root
- 1 to 2 tbsp fresh lime juice
- 1 tbsp sugar or 1 tsp artificial sweetener, to taste
- 5 to 6 large ice cubes
- Fruit garnish, if desired

NOTES:

Garnish with fresh fruit.

SERVINGS: 1



DIRECTIONS:

STEP 1

In a small bowl, whisk together the Juven and milk and pour into a blender.

STEP 2

Add the remaining ingredients and blend until smooth, adding ice if needed.

STEP 3

Garnish and serve.



Find more delicious recipes at
[JUVEN.COM/RECIPES](https://www.juven.com/recipes)

Use Juven under medical supervision.

