

# MMM, MMM, MANGOS

Delicious and nutritious! Mangos offer an amazing source of Vitamins A, B, and C, and each serving of mango is fat free, sodium free, and cholesterol free. Eat mangos raw or try them in these easy recipes.

## MANGO AND BANANA SMOOTHIE

This luscious smoothie is a nutritious drink to have for breakfast, an after-school snack, or as a special treat!



### Ingredients:

3 mangos (about 3 pounds), peeled, pitted, and chopped  
 $\frac{3}{4}$  cup low-fat milk  
1 cup ice  
 $\frac{1}{2}$  banana  
1 teaspoon honey

### What to do:

- 1 Combine all ingredients in blender.
- 2 With the help of an adult, pulse until desired consistency.

### Tip:

For a thicker smoothie, add more ice. Freeze any extra smoothie in an ice cube tray or frozen ice-pop mold to make great frozen treats!

## FRESH MANGO BREAD

This quick bread is great for breakfast or as an after-school snack.

### Ingredients:

$\frac{1}{4}$  cup butter  
 $\frac{3}{4}$  cup sugar  
2 medium very ripe, soft mangos, peeled and pitted (1½ mangos pureed and  $\frac{1}{2}$  mango diced)  
1 large egg, slightly beaten  
1 teaspoon pure vanilla extract  
2 tablespoons lime juice  
 $1\frac{1}{2}$  cups all-purpose flour



$\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon ground cinnamon  
1 cup chopped walnuts

### What to do:

- 1 In a large mixing bowl, cream the butter and sugar. Add the mango puree, egg, vanilla, and lime juice.
- 2 In a separate large bowl, combine the flour, baking powder, baking soda, and cinnamon.
- 3 Add the mango mixture to the flour mixture, stirring until the dry ingredients are just moistened, and stir in the walnuts and diced mango.
- 4 Have an adult preheat the oven to 350°F and coat a 9x5x3-inch loaf pan with cooking spray.
- 5 Pour the batter into the prepared pan.
- 6 Bake for 40 minutes, or until a toothpick inserted in the center comes out clean.
- 7 Cool for 10 minutes before removing from the pan.
- 8 Allow to cool for 1 hour on a rack before serving.