

Mango Milkshoup



Ingredients

- 3 cups fresh mangoes, washed, peeled and diced
- 1/2 cup honey bee
- 1 teaspoon vanilla extract
- 1 cup natural low fat yogurt
- 3 cups natural low fat yogurt ice cream
- Soft serve yogurt ice cream or whipped cream as garnish
- Cinnamon powder (preferred amount)
- 2 tablespoons of brown sugar (optional)

Directions

Place 2.5 cups of mangoes in a large bowl. Stir in vanilla extract, cinnamon and honey bee. Cover the bowl and keep it in freezer for 30 minutes.

Place yogurt and ice cream in the blender; take out mix from the freezer to put it in the blender. Blend until you can't see any mango chunks.

Pour into large bowl, garnish with mango pieces and soft serve yogurt ice cream, whipped cream or just cinnamon powder. Serve into small bowls with spoon and short straw as shown in picture below (to your right).

Enjoy immediately!!!



Tips

If you like it really sweet you can add 2 tablespoons of brown sugar (sprinkle over mangoes with honey, cinnamon and vanilla extract).