

STRAWBERRY & MANGO YOGURT

INGREDIENTS

(Makes 5 oz.)

4 strawberries

1/3 c. of mango

1/2 c. of greek yogurt

DIRECTIONS

1. Cut 3-4 ripe strawberries.
2. Cut mango into pieces (about 1/3 cup).
3. Optional: Lightly steam until the fruit softens.
4. Blend the fruit.
5. Blend / mix the fruit with the yogurt.