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▶▶ June 2014 ◀◀

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Creamsicle Breakfast Smoothie

- 1 Cup cold pure coconut water, without added sugar or flavor (see Tip)
- 1 Cup nonfat vanilla Greek yogurt
- 1 Cup frozen or fresh mango chunks
- 3 Tablespoons frozen orange juice concentrate
- 2 Cups ice

1. Blend coconut water, yogurt, mango, orange juice concentrate and ice in a blender until smooth.

Tip: Look for pure coconut water without added sugar in the refrigerated section near other flavored waters or near shelf-stable waters and natural fruit juices.

Makes 2 servings

