

MONGO BANANA SHAKE

From David Nuno

Ingredients:

1 Frozen GOYA Mango Fruit Pulp, broken into medium pieces

1 cup fat free milk

1 cup non-fat plain yogurt

½ ripe banana

1/3 cup GOYA Agave

1 tsp. coconut extract

Instructions:

Step 1: In bowl of blender, add frozen fruit pieces, milk, yogurt, banana, agave and coconut extract.

Sep 2: Blend until smooth.