



Swirbie Yogurt Mango Smoothie

Ingredients:

- 1 cup low-fat plain yogurt
- ¼ teaspoon ground cinnamon
- ½ tablespoon honey
- 1 teaspoon lime juice
- 2 Swirbie Mango Pods

Instructions:

1. Place all the ingredients in a shaker.
2. Shake until you reach desired consistency.
3. Pour into a tall glass and serve with a straw.

Makes 1 serving. Count each serving as a snack.



All Natural • No Sugar Added

swirbie®

INSTANT SMOOTHIE PODS

Mango



**NO
BLENDER
REQUIRED!**



**POP &
DROP**



**SHAKE
IT UP**



ENJOY!



@nutritionbytanya