



# Mango Ginger Smoothie

*Recipe from GonnaNeedMilk.com*

## Ingredients:

- 1/2 cup – quick-cooking oats
- 1 cup – low-fat or fat-free milk
- 1 cup – fresh or jarred mango cubes (peeled, if fresh)
- 1 11-ounce can – mandarin orange segments, drained
- 2 tablespoons – almond butter
- 1 tablespoon – honey
- 1 tablespoon – lime juice
- 1/2 teaspoon – ground ginger

## Directions:

In a blender, grind the oats until fine. Add the milk and buzz to blend, then add remaining ingredients and blend until smooth. Serve immediately.



[DrinkMaineMilk.org](http://DrinkMaineMilk.org)

[USDairy.com](http://USDairy.com)

