

LYONS
ReadyCare[®]
Mango Ginger Smoothie





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INGREDIENTS

	1 Serving
ReadyCare® Peach Mango Clear Protein Drink Item: 5866	1 (4 fl oz) container
Mango, diced	½ cup
Ginger, peeled and grated	1 inch piece

DIRECTIONS

- 1. Blend all ingredients on high until smooth and enjoy!

SERVING SUGGESTION

For extra protein add 1 scoop **VITAL CUISINE® PROPASS® Whey Protein Supplement** Item: 13126 or **ReadyCare® Protein Plus Instant Protein Supplement** Item: 1866 to the smoothie.

NUTRITION

- Serving Size: 8 fl oz.
- Calories: 190
- Total Fat: 0g
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 20mg
- Total Carbs: 40g
- Dietary Fiber: 2g
- Total Sugars: 30g
- Added Sugars: 18g
- Protein: 6g
- Vitamin D: 0% DV
- Calcium: 2% DV
- Iron: 0% DV
- Potassium: 4% DV