

**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