

## Spiced Mango Shake

*Sweet, spicy, and delicious*

### INGREDIENTS:

- 1 Unflavored Juven<sup>®</sup> packet
- ¼ cup skim or 2% milk
- 1 cup frozen mango pieces
- ½ cup nonfat vanilla yogurt
- ½ tsp fresh chopped ginger root
- 1 to 2 tbsp fresh lime juice
- 1 tbsp sugar or 1 tsp artificial sweetener, to taste
- 5 to 6 large ice cubes
- Fruit garnish, if desired

### NOTES:

Garnish with fresh fruit.



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[JUVEN.COM/RECIPES](https://www.juven.com/recipes)

### SERVINGS: 1



### DIRECTIONS:

#### STEP 1

In a small bowl, whisk together the Juven and milk and pour into a blender.

#### STEP 2

Add the remaining ingredients and blend until smooth, adding ice if needed.

#### STEP 3

Garnish and serve.

Use Juven under medical supervision.

