

# Tropical Mango Colada



<b>Serves</b>	1
<b>Ingredients</b>	4 fluid ounce Minute Maid Smoothies Vanilla Non-Fat Yogurt, thawed 1 1/2 fluid ounce Monin Mango Syrup 1/2 fluid ounce Monin Coconut Syrup 2 cups ice
<b>Garnish</b>	Whipped cream Toasted coconut flakes 1 Mango slice
<b>Method</b>	1. Combine all ingredients in a blender; process until smooth 2. Pour into a 16-oz. glass 3. Garnish with whipped cream, toasted coconut flakes, and a mango slice
<b>Nutritional Information</b>	400 calories
<b>Brands</b>	<b>Minute Maid Smoothies</b>
<b>Primary Flavor Profile</b>	Fruity
<b>Drink Style</b>	Blended

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**Food Pairing and  
Recommentation**

**BBQ, Breakfast / Brunch - Savory , Breakfast / Brunch -  
Sweet, Mexican / Latin , Salads - Lighter Protein , Salads -  
Richer Protein , Sandwiches - Lighter Protein , Sandwiches -  
Richer Protein , Sandwiches - Vegan , Snacks - Salty**

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