



Beyond Berry Mango Smoothie



Entire recipe: 122 calories, 0g total fat (0g sat fat), 2mg sodium, 31.5g carbs, 4g fiber, 25g sugars, 1g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes



Tagged: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

3/4 cup frozen unsweetened mango chunks, partially thawed
1/2 cup chopped seedless cucumber
5 frozen unsweetened strawberries, partially thawed
12 mint leaves
1/2 tsp. fresh lime juice
1 no-calorie sweetener packet (like Splenda or Truvia)
1 cup crushed ice *or* 5 - 8 ice cubes

Directions

Add all ingredients to a blender, along with 3/4 cup water. Blend at high speed until smooth, stopping and stirring if needed. Pour and sip!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.