

# Rainbow Unicorn Smoothies

This rainbow unicorn smoothie recipe made with real milk is not only tasty, it's a simple and wholesome way to bring a smile to anyone's day!

## Prep Time



## Servings



## Ingredients



- 1 1/2 cups milk
- 1/2 cup vanilla yogurt
- 2 cups frozen strawberries (about 10 large)
- 1 cup frozen blueberries
- 1 cup frozen mango chunks

## Optional Toppings

- 6 tablespoons whipped cream
- 4 teaspoons Unicorn Sprinkles
- Decorative Unicorn horn candles, wick trimmed

## Instructions

1. Combine ingredients and blend until smooth, adding additional milk or water to thin if needed.
2. Divide smoothie into 4 glasses and top each with whipped cream, sprinkles and Unicorn horn candle.
3. Enjoy and have a magical day!

## Nutrition Information

Per serving, based on using fat free milk.

Calories 120	Sodium 60 mg
Total Fat 1 g	Total Carbohydrate 25 g
Cholesterol 5 mg	Protein 5 g

Recipe courtesy of MilkLife. Visit [MilkLife.com](http://MilkLife.com) and [USdairy.com](http://USdairy.com) for more recipes.

MILK'S  
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ESSENTIAL NUTRIENTS

- Calcium
- Protein
- Vitamin D
- Vitamin A
- Vitamin B<sub>12</sub>
- Phosphorus
- Pantothenic Acid
- Potassium
- Niacin
- Selenium
- Riboflavin
- Iodine
- Zinc