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Photo: Mitch Mandel

Mango Strawberry Breakfast Sundae

From *“The Biggest Loser Cookbook”*

This is one of those dishes that you may take one bite and think is a bit bizarre—but then will keep eating anyway. Without fail, the bowl will get emptied. In the summer months, it's particularly great to start the day with this cool, refreshing treat.

- 1 cup unsweetened frozen strawberries
- 1/2 cup chopped mango
- 1/4 cup orange juice (preferably fresh squeezed)
- 4 ice cubes
- 1/2 teaspoon honey (optional)
- 1/4 cup crunchy, high-fiber, low-sugar cereal (such as Grape-Nuts)

In a blender, combine the strawberries, mango, juice, and ice. On high speed, blend until the mixture is almost smooth with a consistency somewhere between a slush and a sorbet. Pour into a cereal bowl or tall glass. Stir in the honey, if desired. Top with the cereal. Serve immediately.

Makes 1 serving

Per serving: 238 calories, 5 g protein, 58 g carbohydrates, 1 g fat (trace saturated), 0 mg cholesterol, 7 g fiber, 182 mg sodium

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