

BANANA MANGO SMOOTHIE

Serves: 4

Preparation time: 15 minutes



INGREDIENTS



2 ripe mangoes

2 ripe bananas

500 grams/1lb of low or zero fat yoghurt

200 grams/7oz of good quality vanilla ice cream



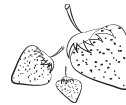
EQUIPMENT

Knife

Chopping board

Blender

Glass (to serve)



METHOD



1. Peel and dice the mangoes away from the central stone.
2. Peel and slice the bananas.
3. Place all the ingredients into a blender or liquidiser and pulse until smooth.
4. If you want, you can add a few ice cubes when using the liquidising movement.
5. Serve garnished with a twist of orange on each glass.

TOP TIPS

Yummy smoothie, packed full of vitamins! You can use more or less any soft fruits, particularly berries, like strawberries, raspberries and blackberries. Use your imagination to make something delicious!

