

MANGO SMOOTHIE

Grab your blender, throw all the ingredients in and enjoy!

What you need:

- Mango (1/2 - 1 cup)
- Milk or Yogurt (1/2 - 1 cup)
- 1 Banana
- Honey for added sweetness (1 tsp)

Measure based on your personal preference!

PERFECT PAIRINGS

Need something extra in your smoothie?
Add a pinch for the perfect pairing

- Ginger
- Orange
- Coconut
- Pineapple
- Green Tea
- Mint
- Vanilla

Freeze the mango before blending with yogurt! Store in freezer for a couple hours to create Mango Frozen Yogurt



Creative
MAMA