Mango and ginger smoothie

Preparation time

5 minutes

Serves

2

Recipe courtesy of

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Ingredients Method Nutrition

1 medium banana

2 mango cheeks, skin removed

2 tsp chia seeds (and extra for garnishing)

1 ½ cups skim milk

¼ cup natural yoghurt

½ tsp freshly grated ginger

2 tsp Manuka honey

6 ice-cubes

fresh raspberries as garnish (optional)

1. Add all ingredients (except raspberries) into a high speed blender and pulse until smooth.
2. Divide into two serving glasses. Garnish with fresh raspberries and a sprinkle of chia seeds.

Nutritional information is provided per serve

Engery	1102kJ (263 calories)
Protein	2.3g
Saturated Fat	0.8g
Total Fat	0.82g
Carbohydrates	48g
Sugars	44g
Dietary Fibre	4g
Sodium	94mg