

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

Energy 1102kJ (263 calories)

Protein 2.3g

Saturated Fat 0.8g

Total Fat 0.82g

Carbohydrates 48g

Sugars 44g

Dietary Fibre 4g

Sodium 94mg