

Mango and Banana Fruit Smoothie

Serves 10

Ingredients	
2 large (300g without stone) ripe mangoes	800 ml orange juice, unsweetened
5 small (400g) ripe bananas	200g blueberries or raspberries

- METHOD
- Peel and de-stone mangoes (remove core, skin and seeds if using apples) . Peel bananas, and wash berries.
- Place all the ingredients, including orange juice into a blender or food processor. Blend until smooth. Serve immediately.



- ✓ COOKS TIP – IF MANGOES UNAVAILABLE REPLACE WITH 5 SMALL (375g) COX'S APPLES. FOR PUREE DIETS, MAKE A BANANA AND MANGO PUREE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
88	1.4	0.3	21.4	20.4	0.1	0.7	19