



BOSCH
Invented for life



Mango Yogurt Smoothie

Overview

Difficulty: Easy

Servings: 1-2

Preparation: Time 10 mins

Cooking Time: 10 mins

Ingredients

- Flesh of 2 mangoes
- 500 ml of plain yogurt, chilled
- 500 ml of low fat milk, chilled

Methods

1. Place all the smoothie ingredients into a glass jug or pitcher.
2. Attach the stainless steel blending blade to the Bosch hand blender and blend at speed 1 first to combine the ingredients well then increase to speed 2. Blend until smooth.
3. Once it has a thick and frothy consistency, pour into a drinking glass and serve immediately.

Product Used

Versatile and convenient kitchen assistant

Hand blenders are not only compact, simple to use and easy to clean, but also come with multiple accessories for chopping and blending – making them great for quick and convenient food preparation.

