



Tropical Mango Smoothie

Difficulty: Easy

Servings: 2

Preparation Time: 5 minutes

Ingredients

2 cups diced frozen mango

1 cup Greek yoghurt

½ cup milk, of your choice

1 tablespoon honey, to taste

½ cup ice cubes

Optional : Freshly sliced mango, to garnish

Method

1. Place the mango, yoghurt, milk, honey and ice into your blender and blend for 1 minute or until very smooth.
2. Adjust to taste with extra honey then divide between two glasses.
3. Garnish with freshly sliced mango and enjoy!

