

Mango and Mint Smoothie

Serves 2

Ingredients

2 cups Australian reduced fat milk

1 cup Australian reduced fat natural yogurt

1½ cups chopped mango, fresh or frozen

6 mint leaves

Method

1. Combine all ingredients in a blender and process until smooth.
2. Pour into glasses over crushed ice and serve immediately.

Additional Information

Flavour combinations to try:

- peach and honey
- banana and passionfruit
- strawberry and vanilla

Nutritional Analysis Per Serve

Energy: 1236kJ

Sugar: 39g

Protein: 18g

Sodium: 210mg

Calcium: 574mg

Total Fat: 6.1g

Saturated Fat: 3.8g

Iron: 1mg

Carbohydrate: 40g

Fibre: 2g