



Mango & banana smoothie

Ingredients:

- 1 medium mango
- 1 banana
- 500ml orange juice
- 4 ice cubes



Method:

1. Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks.
2. Peel and chop the banana.
3. Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it