



BANANA AND MANGO SMOOTHIE



Ingredients:

- 1 ripe banana
- ½ cup frozen mango
- 2 tbsps thick organic yoghurt
- 2 drops vanilla essence
- 1 scoop organic whey or vege protein powder
- ¼ – ½ cup banana/mango nectar
(or other 100% fruit juice)

Method:

1. Blend all ingredients until smooth and creamy – add nectar to achieve desired consistency.

Nutrition Information

Makes 1 serve

Nutrient	Per serve
Energy	1530 kJ
Protein	16 g
Fat	4 g
Carbohydrate	63 g
Sodium	110 mg



HOT TIPS

Use frozen fruit for a thicker smoothie, which is also a great way to reduce body temperature in hot conditions!