

Mango & blueberry smoothie



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Preparation 5 mins | Makes 2 large or 4 small smoothies

- 1 ripe mango
- 125g blueberries
- 1½ cups reduced fat milk
- ½ cup reduced fat mango yoghurt
- ½ cup ice-cubes

Slice off the mango cheeks. Peel and roughly chop the flesh. Place mango into a food processor. Add blueberries, milk, yoghurt and ice. Blend until smooth. Pour into serving glasses and serve.

Good for you... **BLUEBERRIES**

With their natural sweetness and vitamin C, blueberries are a great treat food and an excellent substitute for lollies.

