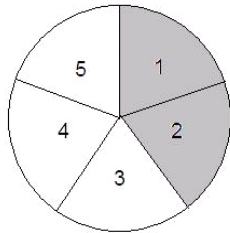


Mango & Orange Smoothie

Serves 1

Portions of fruit & vegetables per serving: 2



Allergen information:

None present in this recipe.

Ingredients	Amount	Preparation
mango	$\frac{1}{2}$	peeled and chopped
pineapple (fresh or tinned)	2 slices	chopped
banana	$\frac{1}{2}$	peeled and chopped
pure 100% orange juice	80ml (3fl oz)	
ice-cubes	4	

Please Turn Over



Method

- 1 Put all the ingredients into a blender or bowl if using a hand blender. Save a couple of pineapple chunks to decorate.
- 2 Blend until smooth and completely mixed.
- 3 Pour into a glass and decorate with a pineapple chunk.
- 4 Serve immediately

157 calories		Per serving
Sugars	LOW	0.4g
Saturates	LOW	0.1g
Sugars*	HIGH	37.6g
Salt	LOW	0g

■ HIGH
 ■ MEDIUM
 ■ LOW

* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Tinned pineapple can be used, but always remember to buy it in natural fruit juice to keep the sugar content lower.

