



## Niki's Mango Smoothie Recipe

Serves 3

### Ingredients

2 ripe mangoes, peeled and diced

2 cup skim milk

1/4 cup plain low fat yoghurt

1 tbs honey

3 tbs passionfruit pulp

3 strawberries with a slit through the centre, to serve

### Method

Place mangoes, milk, yoghurt and honey into a blender, blend until smooth adding the passionfruit right at the end. Pour into glasses, place strawberries on the glass rim and serve.

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### Tips

Choose ripe mangoes when making smoothies. A ripe mango feels a little soft when squeezed, regardless if it has red, green or yellow skin. Try different varieties of low fat or fat free milk in your smoothies.

### Nutritional Note

Mango fruit is rich in dietary fiber, vitamins, minerals and flavonoids like beta-carotene, alpha-carotene, and beta-cryptoxanthin. They are also very low in saturated fat and sodium and contain no cholesterol.