



## Mango, Orange and Banana Smoothie

- 1 cup Mango** (*peeled and sliced*)  → 
- 1 Orange** (*peeled and sliced*)  → 
- 1 Banana** (*peeled and sliced*)  → 
- 1/3 cup Greek/Vanilla Yoghurt or Milk**  or 
- 1 teaspoon of Honey** 
- 5 Ice Cubes** 

### Method

1. **Combine** all the ingredients in a food processor.
2. **Blend** until thick, creamy, and lump free.
3. **Check** consistency and add more milk if needed.

enjoy

