

Mango and Banana Fruit Smoothie

Quantity: 700 ml

Serves 2

Ingredients

1 medium ripe mango

1 large ripe banana

200 ml fresh orange juice

200 ml Alpro vanilla soya milk
(or similar non-dairy drink)

tbsp of flaxseed oil or ground flaxseeds

Method

1. Cut the mango down either side of the flat stone, then peel and slice off the fruit in chunks.
2. Peel and chop the banana.
3. Put all the ingredients into a food liquidiser, and blend until smooth and thick.
4. Keep in the fridge and use the day you make it.

Variations

For a thicker, cooler smoothie, use 150g of frozen mango instead of fresh mango.

Try replacing some or all of the soya milk with coconut milk, soya fruit yogurt (available in a wide variety of flavours), or non-dairy ice cream (such as Swedish Glace).

Experiment with different fruit combinations - peaches, kiwi fruit, passion fruit and melon all work well.

