

Raw honey mango smoothie

ADAPTED FROM CAROLINE VELIK RECIPE



Smoothie choices are endless use but mango with raw honey is fantastic!

Ingredients

- 1 large ripe mango, peeled
- 1 ripe banana, sliced
- 1 cup mango juice
- 1 cup yoghurt
- 2 teaspoons raw honey
- 1 cup crushed ice (optional)

Method

Place all the ingredients in a large blender and mix until smooth and combined.

Serve immediately.