

SMOOTHIE TIME!

fresh
healthy
tasty



Don't you just wish there was an interesting way to cool off in this heat? In smoothie time, you'll be making a delicious smoothie to allow everyone to cool off and quench our thirst. By the end of it all, you'll be able to have this refreshing smoothie and share it with your family.



MANGO BANANA SMOOTHIE

INGREDIENTS

- 2 Fresh Mangoes
- 1 cup (7oz/200g) Frozen Mango (optional, if you don't have frozen mango, add an extra fresh mango)
- 3 Frozen Bananas (10.5oz/300g) - (previously peeled, quartered and frozen for at least 12 hours)
- Ice cream

TOOLS

Blender

Glass / cup

Spoon