

CHRISTMAS MORNING SMOOTHIE

Serves 6



This recipe uses the traditional Christmas stocking treat, tangerines, to make a refreshing smoothie for a healthy start to the festivities.

INGREDIENTS	EQUIPMENT
10 tangerines or clementine oranges (to make 200ml juice) 2 small ripe bananas – frozen overnight and defrosted for 10 minutes 2 ripe mangoes – stones removed 500ml low fat yoghurt	sharp knife chopping board lemon squeezer blender serving glasses

METHOD

1. Squeeze the tangerines and place the juice in the blender along with the frozen peeled banana, mango flesh and yoghurt.
2. Blend the ingredients until very smooth.
3. Pour into glasses and serve straight away.

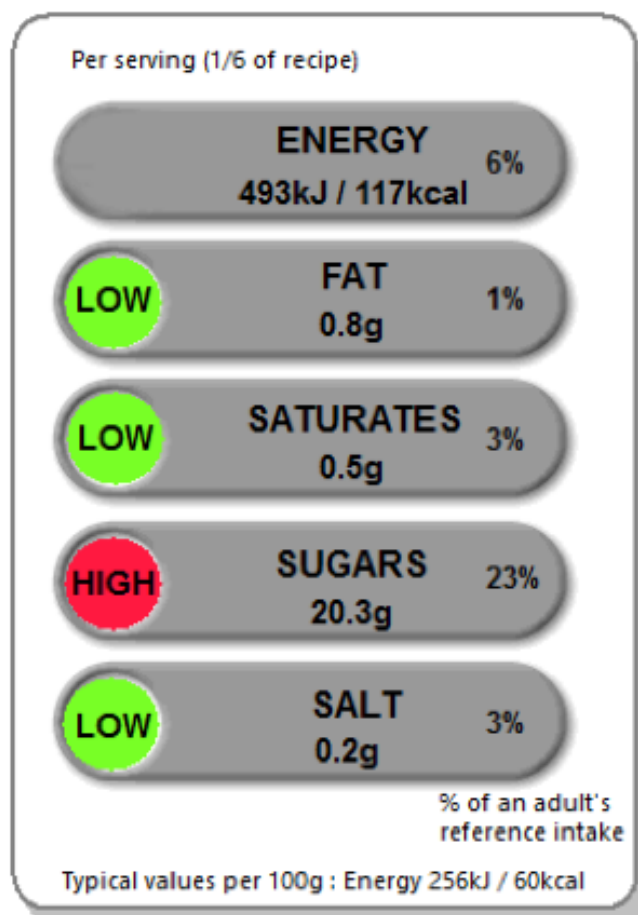
RECIPE NOTES AND TIPS

- The banana will blacken and soften in the freezer but this does not matter. The soft texture will liquidize easily and the smoothie will be chilled without the need for added ice cubes.
- Use chilled fresh orange juice for speed on busy mornings.
- Use soya yoghurt in place of cow's milk yoghurt for a dairy free alternative.

ALLERGY AWARE

This recipe contains:

- Milk (yoghurt)



Based on recipe supplied by Focus on Food, 16/1/2015. No. of servings: 6

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (193g)
Energy	256kJ / 60kcal	493kJ / 117kcal
Protein	2.6g	5.0g
Carbohydrate (of which sugars)	10.9g (10.5g)	21.0g (20.3g)
Fat (of which saturates)	0.4g (0.3g)	0.8g (0.5g)
Fibre	1.3g	2.5g
Salt	0.1g	0.2g