Blueberry Mango Smoothie

Ingredients
250 ml (1 cup) Moov Organic Wild Blueberries (frozen)
250 ml (1 cup) Moov Organic Mango Chunks (frozen)
125 ml (1/2 cup) Mango juice
125 ml (1/2 cup) plain yogurt
2 ml (1/2 tsp) Vanilla extract

Steps
• Process all ingredients in a blender at high speed until smooth. Serve immediately.
• TIPS:
  • Use MOOV frozen fruit straight from the freezer when preparing smoothies.
  • You may adjust the texture of your smoothie by adding or reducing the amount of the listed ingredients. Customize according to your taste.
  • You can add chia seeds or flaxseeds to increase your intake of Omega-3 fatty acids.

Preparation time :
5 minutes
Portions : 3 cups

Product : Organic Wild Blueberries
Product code : 03102
Type : Alasko Canada Retail
Format : 1.5 kg
Preservation :
Keep frozen at 0°F or -18°C or below. Remove desired amount and immediately return any unused product to the freezer. Do not refreeze once thawed.
Preparation :
Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporate it into your favorite recipe.