



Fresh Mango Smoothie

Ingredients

- 250 ml (1 cup) Moov Organic Mango Chunks (frozen)
- 125 ml (1/2 cup) Moov Whole Raspberries (frozen)
- 250 ml (1 cup) Coconut water
- 3 mint leaves

Preparation time :
2 minutes

Portions: 2 cups (500 ml)

Steps

Process all ingredients in a blender at high speed until desired consistency.
Serve immediately.

TIPS:

Use Moov frozen fruit straight from the freezer when preparing smoothies.

Turn this regular smoothie into a smoothie bowl by garnishing with your preferred toppings and eating it with a spoon!

Toppings may include: granola, chocolate chips, coconut shavings, nuts, fruit, etc...

Product: Organic Mango Chunks

Product code: 02116

type: A1516 Canada REtail

Format: 2 kg

Preservation: Keep frozen smoothies -18°C

below. Remove the desired amount from the freezer and immediately

return any unused product to the freezer. Do not refreeze or

Preparation:

Thaw product at room temperature or use frozen. Use any way you like with fresh fruit or incorporate it into your favorite recipe.