



Gemma's Fresh Mango Smoothie

Ingredients

6 oz (3/4 cup) frozen Alasko Mango chunks
 4 oz (1/2 cup) frozen Raspberries
 6 oz (3/4 cup) coconut water
 3 mint leaves
 juice of 1 lime

Steps

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

TIPS

Use Alasko frozen fruits straight from the freezer when preparing smoothies and return any product not used immediately to freezer. Do not thaw.
 You may adjust the texture of your smoothie by adding more or reducing the amount of liquid. Adjust quantities according to your taste.
 You may substitute coconut water with milk, yogurt, or juice of your choice.

Preparation time :
 5 minutes

Portions: 2 servings

Product: Organic Mango Chunks

Productcode: Sam's Club

Type: Classic fruits

Format: 9 X 64 oz (4 lbs)

Preservation :

Keep frozen at 0°F or -18°C

Preparation :

Thaw product at room temperature or use frozen. Use any way you prefer fresh fruit or incorporated into your favourite recipe.

Do not thaw.

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