



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.