



Creamy mango smoothie

Ingredients

180 ml (3/4 cup) of 2% milk
125 ml (1/2 cup) of Alasko mango chunks frozen
10 ml (2 tsp) of honey

Steps

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

Serve immediately.

TIPS:

Use Alasko frozen fruits straight from the freezer for a thicker and slushy style beverage.

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 milk with soy milk.

VARIATION:

For a spicy mango smoothie add a pinch of cinnamon and a pinch of cardamom.

Preparation time :

5 minutes

Portions : 1 portion

Product : Mango Chunks IQF

Product code : 00233

Type : Classic fruits

Format : 5 x 1 kg

Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

Preparation :

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