

Tropical Fruit Smoothie

Serves 4

Per serving

73 kcal

0.3g fat

Ingredients:

250ml skimmed milk

1 small banana, peeled and roughly chopped

80g Soft fruit

1 average mango, stoned, peeled and roughly chopped

Mint sprigs

Cooking instructions:

1. Place the milk, mango and banana in a food processor and process until smooth and creamy.
2. Divide between 4 suitable glasses and serve immediately decorated with mint sprigs and topped with the soft fruit.