

SMOOTHIE BOWL

ORANGE MANGO

INGREDIENTS:

- 1 Ripe Peeled and Frozen Banana
- 1 Cup Frozen Mango chunks
- ½ Cup Chopped Navel Orange
- ½ Cup Coconut Milk
- 2 Scoops Bioteen Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth. Use the tamper to get the desired creamy consistency. Add 3-5 Ice Blocks when using Plant Protein. Decorate with your favourite Toppings.

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