



## Apple & Mango Smoothie

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### Information

- Makes 1 serving
- Preparation time: 5 mins
- Difficulty: Easy

### Ingredients

- 1 medium apple
- 1/3 fresh mango or frozen mango chunks
- 1 medium carrot
- 1/3 cup oats
- 1 tbsp ground flaxseeds
- 1 tbsp almond butter (no added sugar)
- 2 tbsp fat free natural yoghurt
- 1/2 cup water or semi-skimmed milk

### Method

1. Chop the apple, mango and carrot into chunks, and add to your smoothie maker or bowl to blend ingredients in.
2. Add the other ingredients in the order listed above.
3. Blitz until all the fruit is blended.
4. You can make adjustments, depending on your personal preferences:-
  - If you want it thicker, add some more yoghurt and blend again.
  - If you want it thinner, add some more water, and blend again.
  - If you want it sweeter, add some honey or maple syrup and blend again.
  - If you want to up the protein, add protein powder and blend again.
5. Pour into a glass and enjoy for breakfast or as a snack.