

# Mango and Avocado Smoothie

A smooth, summery smoothie. The perfect way to start your day!

 TIME TILL READY  
5 MINUTES

 SERVES  
2

Energy: 970kJ/232kcal

For more nutritional information please visit [www.lancashirefarm.com](http://www.lancashirefarm.com)

## Ingredients

- 100g Lancashire Farm Natural Bio Yogurt
- 2 tbsp clear honey
- 200g Frozen Mango
- 200ml Milk
- 100g Pitted Avocado

## Contains



## Method



### Step 1

Cut your avocado in half, remove the pit and scoop the flesh into the blender.



### Step 2

Add the rest of the ingredients to the blender.



### Step 3

Blend until smooth.



### Step 4

Serve and enjoy!