

Banana, Mango and Pineapple Smoothie

A quick and simple tropical smoothie packed with goodness. A perfect way to get three of your five a day in one delicious drink!

 TIME TILL READY
5 MINUTES

 SERVES
4

Energy: 397kJ/95kcal

For more nutritional information please visit www.lancashirefarm.com

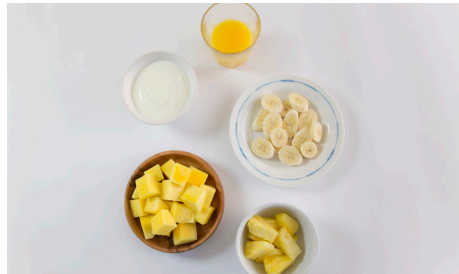
Ingredients

- 1 ripe mango, cubed
- 1 small banana
- 150ml Lancashire Farm Natural Bio Yogurt
- 100g pineapple pieces
- 100ml orange juice

Contains



Method



Step 1

Chop the banana, mango and pineapple into small cubes.



Step 2

Add the fruits to the blender along with the yogurt and orange juice. Blend until smooth.



Step 3

Pour and serve.