



BANANA, ORANGE AND MANGO SMOOTHIE

Serves 4.

INGREDIENTS

- 2 bananas - peeled and sliced
- 2 mangoes - 'hedgehogged'
- juice of 4 large oranges
- 500ml plain yoghurt (not set) - chilled

EQUIPMENT

- sharp knife
- chopping board
- lemon squeezer
- blender
- serving glasses

HOW TO MAKE IT

1. Place the bananas, mango flesh, orange juice and yoghurt into the blender.

2. Blend until very smooth.

3. Pour into glasses and serve immediately.

HOT TIP: Use soya milk or soya yoghurt instead of plain cow's milk or yoghurt.

To 'hedgehog' the mangoes, cut the flesh ('cheeks') of an unskinned mango away from both sides of the stone. With a sharp knife, cut the flesh into cubes whilst keeping it intact in the skin. Then, holding each cheek with both hands, push up the cubes of flesh with your fingers.