

Making it delicious

Sunshine Shake Smoothie

THE
Open
Door

Ingredients (serves 2)

- 1 banana
- 1 orange
- 1 1/2 cups frozen mango
- 1/2 - 1 cup milk



Instructions

- Peel the banana and carefully cut the peel off of the orange.
- Into a blender, add the peeled fruits, the frozen mango and 1/2 cup of milk. Add more milk as needed to get the right consistency.
- Blend until smooth and creamy, turning off the blender and using a spatula to get rid of air pockets as needed.

SERVINGS: 2 | PREP TIME: 5 MIN