

# Mango and berries smoothie

(229 cal)

## Ingredients

- Frozen mango chunks 85g
- Blueberries 50g
- Strawberries 150g
- 2% milk 200ml

## Tips:

Keep the cutest strawberries and blueberries on the side to decorate your smoothie! The eye wants its part!

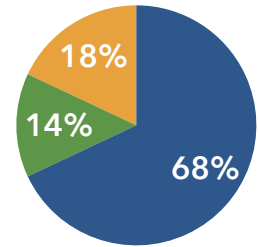
Different blenders work in a different way. With cheap blenders, just remember to put the water, orange and lemon juice in first and the frozen mango last.

I prefer to remove strawberries stems and leaves, but you can also keep them and blend the whole fruit.

## Instructions:

In a blender, combine all the ingredients together, Blend until smooth. ENJOY!

● Carbs ● Protein  
● Fat



Ingredients	quantity	Calories	Carbs	Fat	Protein
Mango chunks	85g	49	13		1
Blueberries	50g	28	7		
Strawberries	150g	48	12		1
2% milk	200ml	104	10	4	6