

Mango and orange smoothie

(124 cal)

Ingredients

- Baby spinach 20g
- Frozen mango chunks 45g
- Orange 180g
- Lemon half
- Water 300ml

Tips:

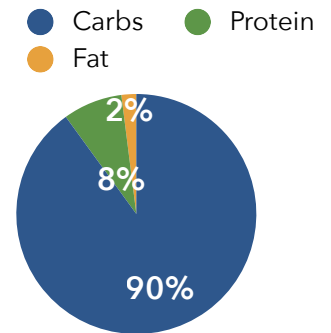
If you like a really cold drink you can add ice in the mixer, just be careful to don't overdo it!

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 like my drink to be smooth...but if you like to feel a more vary consistency you can start your blender on a low speed and work up to a higher speed.

Instructions:

1. Cut the lemon in half and with the help of a fork squeeze the juice in the blender.
2. Peel the orange, cut it in big chunks and add it to the blender.
3. Add baby spinach, frozen mango, ice, and water.
4. Blend it all. ENJOY!



Ingredients	quantity	Calories	Carbs	Fat	Protein
Baby spinach	20g	6	1		1
Mango chunks	45g	26	7		
Orange	180g	87	21		2
Lemom	half	5	2		