

# Blueberry & Mango Smoothie

*Try this delicious smoothie for a healthy and refreshing start to the day.*

Serves: 2 | Preparation time: 5 minutes

## **Ingredients:**

- 1 cup reduced fat milk
- 125g punnet fresh blueberries
- 1 mango, peeled and chopped
- ¼ cup reduced fat plain yoghurt
- 2 small mint leaves

## **Method:**

1. Place milk, blueberries, mango, yoghurt and mint into a jug. Blend until smooth. Serve immediately.

Note: Mango can be replaced with other seasonal fruits such as bananas or peaches which complement blueberries perfectly.

