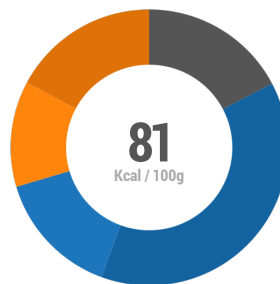


Mango Fruit Smoothie

Mango smoothie with porridge oats

By Mark Irish from Brakes

Overview ...



CALORIES:

53.1% Carbs

17.3% Protein

29.6% Fat

Food Labelling...

Serves **5**

CONTAINS:



OATS



MILK

OTHER PROPERTIES:



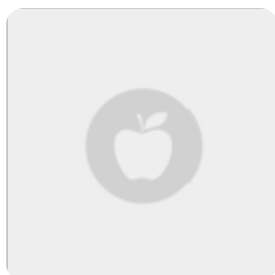
VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
33385 Diced Mango - BRAKES	500g	0.5x Each
115794 Brakes Organic Natural Yogurt - BRAKES	450g	
118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES	50g	
70219 Brakes Fresh Whole Milk - BRAKES	300ml	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

260g / 215kcal

1

Cooking Instructions & Notes

Preparation:

Defrost mango

Method:

1. Add all ingredients into a blender and blitz until smooth
2. Pour into glasses and serve