

## Banana & Mango Shake

Makes 2 servings



### Ingredients

- ½ mango
- 1 small banana-sliced
- 150 ml of semi-skimmed milk
- 120 ml of orange juice
- 2 tsp of lime juice
- 1 tsp of sugar
- 2 heaping tsp of vanilla frozen yogurt
- 1 tbsp of fresh lemon or mint leaves

### Directions

- ℘ Peel the skin from the mango and cut the flesh away from the stone. Chop the flesh roughly.
- ℘ Put mango flesh into a blender with the banana.
- ℘ Add milk, orange juice, lime juice, sugar and frozen yogurt
- ℘ Blend on maximum speed for about 30 seconds or until mixed and frothy.
- ℘ Pour shake into glasses and serve immediately

150 Calories per serving

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