

# Mango smoothie

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 4 (approximately 300mL)

## Ingredients

- 300g frozen mango
- 450mL reduced fat plain milk
- 1½ cups reduced fat natural yogurt
- 2 tablespoons honey

## Method

1. Place all ingredients into a large blender and blend until smooth and creamy
2. Pour into cups and serve

## Size matters

- made with reduced fat milk
  - 375mL or less = **green**
  - more than 375mL = **amber**
- made with full fat milk
  - 375ml or less = **amber**
  - more than 375mL = **red**

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	892kJ	293kJ
Protein	10.0g	3.3g
Total fat	3.4g	1.1g
Saturated fat	2.5g	0.8g
Carbohydrate	36.2g	11.9g
Sugars	35.2g	11.6g
Dietary fibre	2.2g	0.75g
Sodium	115mg	38mg

**Smoothies are so versatile!  
Mix it up with delicious  
combinations of seasonal fresh or  
frozen fruit.**



Supporting healthy choices

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