

Tropical smoothie |

Recipe for 4 portions

Description

Frozen drink prepared with mangoes, banana and passion fruit prepared directly in your blender.

Note

You can vary the frozen fruits to create a range of smoothies, each more exotic than others.

Ingredients

For the smoothie

- 250 Ml Frozen mango
- 1 Unit(s) Banana
- 400 Ml Orange juice
- 200 Ml Plain yogurt 2%
- 15 Ml Honey
- 2 Unit(s) Passion fruit

Preparation

- Preparation time **10 mins**

Smoothie preparation

Cut a few slices of banana with the peel for decoration and peel the rest. Place all ingredients in a blender and mix well for 2 minutes. Serve in nice glasses and garnish with a banana slice.

Bon appétit!