



Mango, Vanilla & Chia Smoothie

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Prep 5 minutes



Makes 50oz (1.5L) / Serves 4

- 3 cups (450g) frozen chopped mango**
 - 1 cup (240g) reduced fat vanilla yogurt**
 - 2 tablespoons chia seeds**
 - 3 cups (720ml) chilled milk of your choice**
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Method

1. Place ingredients into blender jug and secure lid.

 **SMOOTHIE** until program finishes.



Prep 5 minutes



Serves 1

- 1 cup (150g) frozen chopped mango**
 - ½ cup (120g) reduced fat vanilla yogurt**
 - 1 tablespoon chia seeds**
 - 1¼ cups (300ml) chilled milk of your choice**
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Method

1. Place ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.