

BREAKFAST
Exclusive Recipe

Mango & Banana Smoothie

Perfectly refreshing after a nighttime fast. Make the night before, and leave in the fridge ready for the morning if you are going to be in a hurry. Gorgeous!

Makes 4 glasses

1 medium mango
1 banana
500ml orange juice
4 ice cubes



- Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks.
- Peel and chop the banana.
- Put all the ingredients into a food processor or blender, then process until smooth and thick. Keep in the fridge and use the day you make it.