

Cooking tip

You can get frozen mango at any supermarket or specialist frozen food store. Another option is to buy fresh mango and peel, dice and then freeze it so that you will always have some handy at home.

Takeaway option for any occasion.



Nutritional value (per serving)

Energy value: 226 Kcal.; Protein: 6 g; Carbohydrate: 37 g; Fat: 6 g.

Cool mango smoothie

This is a delicious recipe, rich in vitamins and fibre.

Ingredients

140 grams of frozen mango

3 level tablespoonfuls (15 g) of Blevit Plus Cereals

4 scoops of Blemil Plus

20 millilitres of water

3 spoonfuls (50 g) of natural yoghurt

1/4 teaspoonful of cinnamon powder

PREPARATION

1. Add the mango, yoghurt, Blevit Plus Cereals and Blemil Plus milk and the water to the blender.
2. Blend the mixture until you obtain a creamy texture.
3. Pour the mixture into a smoothie glass or bowl and serve with a little cinnamon powder.



This recipe can be made with different varieties of Blevit cereals.