

Jamaican Mango Smoothie Recipe

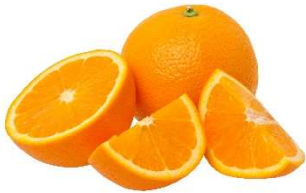
This delicious mango smoothie recipe is fun to make and delicious to drink! If you don't like mangoes, or can't get hold of any, you could invent your own smoothie using fruits you do like.

You will need:

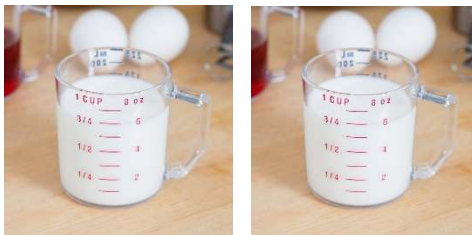
- 2 Ripe Mangoes



- 2 Oranges



- 2 cups plain yogurt



- 2 teaspoons Honey



- 10 Ice cubes



- A dash of ground nutmeg



- A dash of ground cinnamon



Method:

1. Peel the mango and dice into ice cube sized chunks. Place in a plastic bag and freeze for an hour.
2. Remove the mango chunks from the freezer and place in a blender..
3. Add yogurt, honey, and ice cubes.

4. Juice the oranges (with a juicer or by squeezing) and pour juice and pulp into the blender.
5. Blend on high for about 1 minute or until smooth. Add the nutmeg and cinnamon on top. Stir.
6. Pour into glasses and enjoy!

