



Mango, Vanilla & Chia Smoothie

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Prep 5 minutes



Makes 1.5L / Serves 4

400g frozen chopped mango

200g reduced fat vanilla yoghurt

2 tablespoons chia seeds

750ml chilled milk of your choice

Method

1. Place ingredients into blender jug and secure lid.

SMOOTHIE until program finishes.



Prep 5 minutes



Serves 1

150g frozen chopped mango

300ml chilled milk of your choice

150g reduced fat vanilla yoghurt

1 tablespoon chia seeds

Method

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

SMOOTHIE until program finishes.