

# Blueberry and Mango Smoothie

A simple, refreshing smoothie packed with protein. The thick and creamy Lancashire Farm Greek Style yogurt gives the smoothie a rich texture like no other. It's a sweet treat for everyone to enjoy!

⌚ TIME TILL READY  
5 MINUTES

🍴 SERVES  
4

Energy: 711kJ/170kcal

For more nutritional information please visit [www.lancashirefarm.com](http://www.lancashirefarm.com)

## Ingredients

- 250g blueberries
- 250g mango chunks
- 250g Lancashire Farm Greek Style Yogurt
- 60ml of soy milk or almond milk

## Contains



## Method



### Step 1

Chop up the mango in small cubes, then combine all of the ingredients in a blender, and blend at high speed until smooth.

### Step 2

Pour into glasses and serve immediately.

**Tip! Throw in a couple of ice cubes for a thicker texture!**