## Mango and Avocado Smoothie

A smooth, summery smoothie. The perfect way to start your day!

TIME TILL READY 5 MINUTES

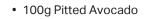
SERVES

Energy: 970kJ/232kcal For more nutritional information please visit www.lancashirefarm.com

**Contains** 

## Ingredients

- 100g Lancashire Farm Natural Bio Yogurt
- 2 tbsp clear honey
- 200g Frozen Mango
- 200ml Milk





## Method



**Step 1** Cut your avocado in half, remove the pit and scoop the flesh into the blender.



Step 2 Add the rest of the ingredients to the blender.



Step 3 Blend until smooth.



Step 4 Serve and enjoy!