

Spinach, Apple & Mango Smoothie Bowl



INGREDIENTS

- 2 handfuls of baby spinach
- ¾ of an apple
- ½-inch piece of fresh ginger
- ½ mango, frozen
- 200 ml plain full cream yoghurt
- Toasted nuts, seeds, raisins, small dollops of full cream yoghurt and cinnamon for toppings.

Nutrition Facts

Serving size: g/100 g

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|--------------|------|
| Protein (g) | 19.5 |
| Zinc (mg) | 2.77 |
| Iodine (mg) | 135 |
| Folate (mcg) | 92.6 |
| Calcium (mg) | 475 |

METHOD

1. In a high-powered blender add the spinach, apple, ginger, frozen mango and full cream yoghurt.
2. Blend until nice and smooth. You can add a small amount of water just to get it going.
3. Pour your smoothie into a bowl and garnish the top with anything that takes your fancy, like toasted nuts, seeds, and raisins as well as a couple of small dollops of full cream yoghurt.
4. Then add a small dusting of cinnamon.



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