

*Blend and ENJOY!*

## Peach Mango Smoothie



**TIME TO  
PREPARE**

5  
minutes



**COOK  
TIME**

0  
minutes



**SERVING**

2 Smoothies



**PREPARED BY**

<https://www.swsas.org.au/>

### *Ingredients*

- *1 cup Peaches (can used canned – no added sugar)*
- *1 cup Mangoes (fresh is best or frozen pieces)*
- *1 Banana*
- *1 cup Orange Juice*
- *1/4 teaspoon Turmeric Powder*
- *1/4 teaspoon Ginger (ground)*

### *Method*

01. Add ingredients into a blender and blend until smooth and creamy. Add ice depending on temperature preference.
02. Frozen bananas work best in smoothies. Peel, slice in half, and place in a large zip lock bag in the freezer overnight.
03. Add more spinach and kale to increase nutritional benefits.
04. ENJOY!

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