



# Tropicana Smoothie

**10'**  
Hands on

**2**  
Portion(s)

**1**  
Difficulty



## Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Place all the ingredients in a blender and pulse until smooth.
- You can also use a hand mixer.

## Ingredients

- 1 mango(s)
- 6 apricots
- 250 g orange juice
- 1 tablespoon(s) dark brown soft sugar
- ginger
- 1 lime(s)
- 1 tablespoon(s) flaxseed
- 1 pinch cinnamon

## Διατροφικός πίνακας

Nutrition information per portion

239 Calories (kcal)	2.5 Total Fat (g)	0.3 Saturated Fat (g)	44.0 Total Carbs (g)
12%	4%	2%	17%
44.0 Sugars (g)	3.8 Protein (g)	7.0 Fibre (g)	0.03 Sodium (g)
49%	8%	28%	1%