



## Smoothie (Serves 4)

Start your day with this low fat but tasty smoothie

### Ingredients

- 100g frozen mango
- 2 bananas
- 4 carrots (leftover cooked carrots, frozen, raw and peeled or 250g tinned)
- 250ml water
- 1 tbsp ginger (fresh or ground)
- 1 tsp turmeric (could swap for cinnamon)
- 2 tbsp lemon juice
- 4 tbsp cashew nuts

**Adjust turmeric and ginger quantities to suit your tastes**

### Method

1. Combine all ingredients and blend until smooth. Add more water if necessary

### Nutrition

Smoothies are typically packed full of lots of different vitamins and minerals. The bananas in this smoothie are a good source of potassium which helps to regulate heart function and control the balance of fluid in the body. Mango is good source of Vitamin C, which helps to protect cells and maintain healthy skin. We get Vitamin A from the carrots and mango, which is important for helping our vision in dim light and help our immune system function properly. The cashew nuts are a good plant-based source of omega-3, which has been linked to a reduced risk of heart disease.

Smoothies only count as one portion of your 5-a-day no matter how many different fruit and vegetables it contains. They are also likely to be high in sugar therefore it is recommended that smoothies are consumed only once a day.

#### Nutrition per portion - 230g

Energy 136kcal	Fat 5.3g	Saturates 1.2g	Sugars 15.2g	Salt 0g	Protein 3.2g	Carbs 17.7g	Fibre 2.7g
7%	8%	6%	17%	0%	6%	7%	-

% of an adult's reference intake

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