

Recipe Ingredients ...	Quantity:	Description:
Mango, frozen	100g	0.8x Average portion
Peaches, canned, light syrup, drained	100g	1.4x half
Bananas, flesh only	80g	1x Small
Turmeric, ground	0.6g	0.3x teaspoon
Ginger, ground	0.6g	0.3x teaspoon
Flax Seed (milled or whole)	4g	1x teaspoon (whole)
Water, tap, drinking	50g	0.1x litre
Yogurt, whole milk, plain	100g	2.2x tablespoon

Ingredient List (QUID) ...

Mango frozen (23%), Yogurt (23%) (**Milk**), Peaches (23%), Bananas (18.4%), Water (11.5%), Flaxseed (0.92%), Ground ginger (0.14%), Turmeric (0.14%)

Cooking Instructions & Notes

We love the Mango & Peach smoothie because it is full of

- Mango - it contains beta carotene which is beneficial for skin health and is also beneficial to the digestive system
- Peach - packed with Vitamins A, B and C and minerals such as Magnesium, Potassium and Zinc
- Bananas - contain a high level of potassium which is beneficial in blood pressure regulation
- Flaxseeds - have an abundance of omega 3 fatty acids which is beneficial for brain function
- Yoghurt - Natural yoghurt is of benefit to gut health
- Ginger - contains essential oils which have anti inflammatory benefits
- Turmeric - has an abundance of a compound called curcumin which has many anti inflammatory benefits