

# Broccoli and Mango Smoothie

## Equipment needed:

- Blender

## Ingredients (mix them up):

- 200g or 5 decent sized florets of broccoli
- 120g mango pieces\*
- 1 banana
- 200ml almond milk
- 1 teaspoonful of vanilla extract
- 100ml of Greek yoghurt or Oatly/Alpro vegan alternative

*\*My supermarket (Ocado) sells frozen mango chunks in 500g bags.*

## Instructions

**1.** Put everything in the blender.

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**2.** Blend it all together.

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**3.** Er...

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**4.** ...that's it.

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