



RECIPE



STRAWBERRY-MANGO SMOOTHIE

INGREDIENTS:

for mango layer

1/2 cup(heaping) frozen mango chunks
3/4 cup orange juice
3 tbsp water

for strawberry layer

1/2 cup(heaping) frozen strawberries
1 cup orange juice
1 tbsp honey

2 small strawberries, sliced (optional for garnish)

DIRECTIONS:

For the mango layer

Place all of the ingredients in the blender, and blend until smooth. If you using a Vitamix, place on smoothie setting and let run. You may have to use your muddler to mix, so have it on hand. Pour your mango layer into your serving glass and start the strawberry layer.

Place all the ingredients for the strawberry layer into the blender and blend until smooth. Again, if you are using a Vitamin you just need to place on the smoothie setting and let run. If you need to think out the strawberry mixture, you can add a little extra orange juice or water.

Pour the strawberry mixture into your serving glasses on top of the mango layer and garnish with a few slices of fresh strawberry.

