



## RECIPE CARD

# MANGO SMOOTHIE BOWL

### Mango Smoothie Bowl

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*Fresh mangos can be peeled, diced and placed in an airtight container in the freezer for up to six months.*

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#### Ingredients

##### SMOOTHIE

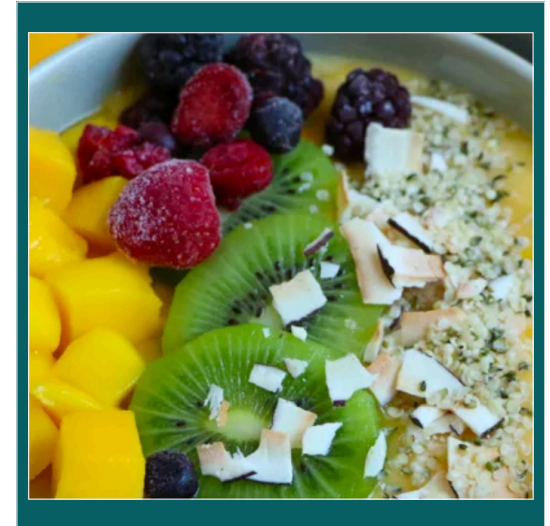
- 2 cups **fresh or frozen mango**
- 1 Tablespoon **honey**
- 1 cup **water**
- 1/2 cup **plain or Greek yogurt**
- 1 **frozen banana**

##### TOPPINGS (optional)

- Fresh, diced **mango**
- Assorted **berries**
- Sliced **kiwi**
- Coconut flakes**

#### Directions

1. Place 2 cups of diced mango and banana pieces into your blender, top with the yogurt, pour in the water and honey.
2. Place lid on blender and blend until smooth.
3. Pour into bowls, top with assorted toppings and enjoy!
4. For thicker smoothie bowl consistency, use frozen diced mangos.



*Recipe adapted from Cookie and Kate*