



Tropical Smoothie Kit

Mango, Avocado, Pineapple, Orange, Coconut Milk Yoghurt

Breakfast 5-10 Minutes • 5 of your 5 a day • Veggie

8A

Find all your unchilled Market items in bag A.



Mango



Avocado



Pineapple Rings



Orange



Natural Coconut Milk Yoghurt Alternative

Pantry Items
Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Peeler and blender.

Ingredients

Ingredients	Quantity
Mango**	2
Avocado	2
Pineapple Rings	2 tins
Orange**	1
Natural Coconut Milk	
Yoghurt Alternative**	160g

Pantry	Quantity
Honey*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	833g	100g
Energy (kJ/kcal)	3364 /804	404 /97
Fat (g)	46.8	5.6
Sat. Fat (g)	19.7	2.4
Carbohydrate (g)	93.4	11.2
Sugars (g)	85.4	10.3
Protein (g)	8.3	1.0
Salt (g)	0.39	0.05

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1



2



3



Prep Time

a) Peel the **mangos**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into large pieces (discard the stone). Pop into your blender.

b) Halve the **avocados** and remove the stones. Use a tablespoon to scoop the flesh into your blender.

c) Remove the **pineapple rings** from the tin and add to the blender, then pour in the **pineapple juice** from 1 tin. Discard the remaining juice.

d) Juice the **orange** into the blender.

e) Add the **coconut milk yoghurt** to the blender.

Get Blending

a) Blend until smooth, 1-2 mins, or until the **smoothie** is the consistency you like.

b) If you like your **smoothie** a little sweeter, add **honey** to taste (see pantry for recommended amount).

c) To make your **smoothie** colder and thicker, add a few **ice cubes** and blend until smooth.

Serve up your Smoothie

a) Divide your **smoothie** between 2 glasses to finish.

Enjoy!