Mango and Orange Kefir Smoothie

Ingredients
- 1 cup frozen mango
- 1/2 a cup of orange juice or orange and peach juice
- 3/4 cup plain kefir
- juice of 1/2 a lemon
- 1 tsp honey

Making it
- Blend and enjoy!

NUTRITION FACTS
Servings: 1
PER SERVING
Calories (kcal): 350
Fat (g): 5
Carbohydrate (g): 7
Fibre (g):
Protein (g): 10

TIPS & HINTS
Either milk or yogurt Kefir can be used depending on your preference..or what’s on offer!