



Recipes

MANGO BANANA SMOOTHIE

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| 4 cups (1 L) cubed peeled mangoes | 1/4 cup (50 mL) apple juice |
| 3 cups (750 mL) sliced bananas | 1 tbsp (15 mL) honey |
| 1 cup (250 mL) ice cubes | 1/4 tsp (1 mL) ground ginger |
| 3/4 cup (175 mL) vanilla yogurt | 1/8 tsp (0.5 mL) nutmeg |

Prepare smoothie in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses and serve immediately. Serves 6.

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