

MANGO SMOOTHIE



preparation time
5min



total time
5min



portions
1



difficulty
easy

INGREDIENTS

- 1 Aurum mango
- 250 g fresh spinach leaves
- 50 g mint
- 150 g apple
- 100 g ice
- 20 ml lemon juice
- Water

PREPARATION

1. Wash the spinach and mint leaves and put them in the blender
2. Chop the mango and apple and put them in the glass
3. Add the ice with a little water and lemon juice
4. Blend, serve and enjoy