



Baking with Gary (and Lilly)

PINEAPPLE & MANGO SMOOTHIE

Prep: 10 minutes

Serves: 2

Ingredients:

- 1 ½ cups pineapple juice
- 1 mango, cut into chunks
- 1 ½ cups fresh pineapple chunks
- 1 ½ cups ice
- Mint sprigs for garnish (optional)

Method:

1. Cut the mango into chunks.
2. Place the mango chunks into a blender.
3. Add the pineapple chunks, pineapple juice and ice.
4. Blend until smooth then pour into 2 glasses. Garnish with mint and pineapple wedges, if desired.

