

Mango mania recipes



Green Smoothie



Photo credit: Recipe reproduced with permission from Queensland Association of School Tuckshops (www.qast.org.au)

Serves 5

Preparation time: 5 mins

Easy and versatile, this simple green smoothie is a great way to get extra veggies and fruit into kids. Use ingredients you have on hand!

It is ideal for primary and secondary students – for the tuckshop or at home.

This recipe was part of the Mango Mania event held in North Queensland and Bundaberg in November 2024, as part of National Ag Day celebrations.



Ingredients

- 1.25 litre reduced fat milk
- 2 bananas
- 2 cups spinach leaves
- 1 cup frozen mango cubes
- 5 tbsp reduced fat vanilla yoghurt

Method

1. Place all ingredients into a blender.
2. Blend well.
3. Pour into a glass or cup and serve with blueberries.

Variations

- Fruit should be chopped and pre-frozen.
- If serving in a clear cup, remix just before pouring as some ingredients can separate if left to stand.
- Visit a juice bar for other ideas of fruit and vegetable combinations.
- If fresh spinach is unavailable, substitute for frozen.

You can find the recipe at:

<https://qast.org.au/recipe/green-smoothie/>. For more great recipes, see <https://hw.qld.gov.au/blog/boost-your-recipes/>.

For information on Pick of the Crop, visit www.hw.qld.gov.au/pick-of-the-crop.

January 2025