The Finest Smoothie







Mango Smoothie BREAKFAST BOWL





- Serves: 1
- Prep Time: 10mins

What You Will Need:

- 1 x 400g pot of Nature's
- Finest Mango
- 1 x banana, peeled and sliced
- Lime juice
- Honey
- Suggested Toppings
 - Diced kiwi
 - Raspberries
 - Blueberries
 - Pomegranate seeds
 - Coconut flakes
 - Seeds of your choice!

How To Prepare:

- Drain the mango, retaining the juice. Place the mango and banana in a blender. Blitz until smooth, adding as much mango liquid as you need to achieve a silky smoothie like consistency.
- Add a squeeze of lime or a spoonful of honey to taste for added sharpness or sweetness as needed.
- Divide between two bowls or even place one portion in a sealed container to save for the next day.
- Decorate with your choice of toppings and enjoy!



Mandarin Orange IMMUNITY BOOST





Serves: 1

Prep Time: 5mins

What You Will Need:

- 1 x Snack pot of Nature's Finest Mandarin (Drained)
- 1x carrot and 1x banana
- Pinch of ginger
- Orange juice
- Lemon juice
- Pinch of turmeric & cinnamon
- Ice

How To Prepare:

- Load all of your ingredients to a high powered blender in the order they are listed above.
- Blend everything until smooth.
- Have a little taste to test for sweetness and adjust accordingly. If you're looking for a thicker smoothie, pop in a bit more ice!
- Pour your immunity boosting smoothie into your favourite glass or tumbler, garnish if you would like to and of course enjoy!

Top Tip! Add honey to sweeten for antioxidant properties . If you've already made your smoothie but you have leftovers – you can pour it into an ice-cube tray and then put it in the freezer! Then simply pop your cubes out and lightly blend before serving.



Pipeapple & TURMERIC BLAST





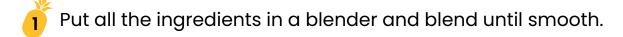
Serves: 2

Prep Time: 5mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pineapple (drained)
- 1 large ripe banana
- 1 tsp ground turmeric
- 2cm piece ginger, peeled and grated
- 150ml of semi-skimmed milk
- A hand full of ice cubes

How To Prepare:



Pour into a small bowl (or even a glass if you prefer to drink it instead) and garnish with some extra banana slices or other fruit of your choice!

Tip – Why not substitute with Almond or Coconut Milk for a different creamy taste and garnish with some more sliced banana; pineapple and coconut shavings?



Pear Chai SMOOTHIE RECIPE





Serves: 1 -2

Prep Time: 5mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pear
- 1 tbsp honey
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- 1 cup warm semi-skimmed milk (240ml)
- 2 chai tea bags

How To Prepare:

- Steep the chai tea bags in the warm milk for 3-5 minutes.
- In a blender, combine the chai tea milk, Pear, honey, vanilla, and cinnamon. Blend on high speed for 3 minutes, or until completely smooth.
- Transfer the chai Pear mixture to a small saucepan and heat over medium-low heat until just warmed through. Do not boil.
- Pour into a heat resistant glass or mug, and serve immediately to enjoy!



Pear, Apple & GINGER PICK ME UP!





Serves: 1 - 2

• Prep Time: 10mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pear (drained)
- 1 Apple, peeled & cored
- 1-2 tbsp honey
- 1 tsp lemon juice
- 1 tsp fresh grated ginger
- 250ml plain yoghurt

Why Not?

- Add ½ an avocado for extra creaminess.
- A stick of celery to reduce the sweetness.

How To Prepare:

- Simply pop all ingredients in a blender with a few ice-cubes and whizz up until smooth.
- Serve and enjoy immediately as a delicious tasting fruity & nutritious pick me up!

Top Tip: Why not freeze a batch in an ice-cube tray and blend to enjoy when ever you need that fruity fix.



Simple Mango MILKSHAKE



Pineapple & coconut chiller





- Serves: 2
- Prep Time: 5mins

What You Will Need:

- 230g Nature's Finest Pineapple Chunks
- 250ml canned coconut milk
- Honey or maple syrup to taste
- Ice cubes (to taste)

How To Prepare:



Blend all ingredients together until smooth.



Drink and Enjoy!



Share with us

your favourite quick and easy recipes using Nature's Finest fruit, and you could feature in one of our upcoming Recipe Books!



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