



European Pedagogics and Nutrition

Mango smoothie with coconut milk and lime juice



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Nutritional aspect

- Mango and coconut milk cocktail, which is an offer for people intolerant to lactose and casein thanks to the replacement of milk with a plant substitute.



Mango smoothie with coconut milk and lime juice

Ingredients:

- 1 ripe mangoes
- Lime juice
- ½ cup apple juice
- 200 ml coconut milk

Preparation:

- Peel the mango, cut off the pulp from the stone.
- Insert it into the cup of the blender standing.
- Add lime juice, apple juice and coconut milk (shake can with milk before opening to mix the contents).
- Blend for about a minute at high speed until we get a smooth drink.

