

HEALTH PROMOTION KINGSTON BRAIN BOOSTER

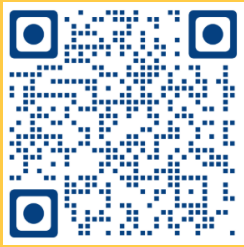
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MANGO CHIA SMOOTHIE

INGREDIENTS:
ORANGE JUICE
MANGO
PLAIN YOGURT
CHIA SEEDS

6g of Fibre per 1c Serving!





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MANGO CHIA SMOOTHIE

INGREDIENTS:

- 3 OUNCES (OR ALMOST ½ CUP) ORANGE JUICE
- 1 SMALL OR ½ LARGE MANGO (FROZEN IS FINE TOO)
- ½ CUP PLAIN YOGURT
- 1 TABLESPOON CHIA SEEDS

DIRECTIONS

1. PUT ALL THE INGREDIENTS IN A BLENDER AND BLEND UNTIL SMOOTH. (ALTERNATELY, PUT THEM IN A TALL CONTAINER AND USE AN IMMERSION BLENDER.)
2. POUR INTO A GLASS AND ENJOY!