



Tropical Super Smoothie

Makes 1 large serve

2 ripe mangos (chopped into cubes)
1 cup (250mL) Rainforest Heart chilled Davidsons Plum Tea
3 tbs Mungalli Creek Dairy natural yogurt

1 tbs Natural Evolution green banana flour
1 tsp Davidsons plum powder (dried tea ground up)

Combine the ingredients in a blender and serve in a chilled glass with a sprig of fresh mint.

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