

MANGO, BANANA & ALMOND SMOOTHIE

Makes 2.

By Dennis W. Viau; an original recipe.

One advantage to making smoothies is that they are an excellent way to use up fresh fruits that are becoming a little too ripe. An Italian fan taught me the term *svuotafrigo*, which means refrigerator emptier—foods made with leftovers. Smoothies are the *svuotafrigo* of fruit.

Ingredients:

1 cup (110g) chopped frozen mango
1 medium banana
2 mandarin oranges (or 1 medium)
1½ cups (350ml) almond milk
1 tablespoon flax seed
3 ice cubes

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending.

Those needing numbers for calories, carbohydrates, fiber, etc. can find that information on product Nutritional Facts labels and on the CalorieKing.com web site.

