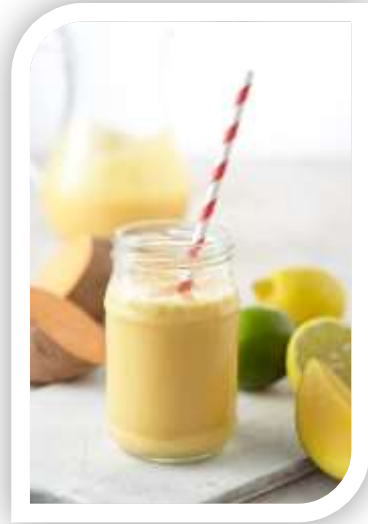


Sweet potato and mango smoothie

Ingredients for 1 liter

2 sweet potatoes
3 lemons
2 ripe mangos
500 ml natural yoghurt
Fine granulated sugar or honey



Preparation

- Bake the sweet potatoes in aluminium foil for 50 min. at 200 degrees until cooked through and leave to cool.
- Remove the sweet potatoes from their skin and cut into pieces. Peel the mango and remove the core, cut into cubes and squeeze the lemons.
- Blend all the ingredients into a smooth smoothie.
- If you think the smoothie is too thick, dilute it with a bit of fruit juice.
- You can sweeten the smoothie slightly with sugar or some honey if required.

Preparation time: 10 minutes

Nutritional value for four portions:

210 kcal/880 kJ, 6 g protein, 6 g fat, 32 g carbs