



TROPICAL SMOOTHIE

Ingredients: (for 2 people)

2 mugsfuls of low-fat milk

10 pieces of mango

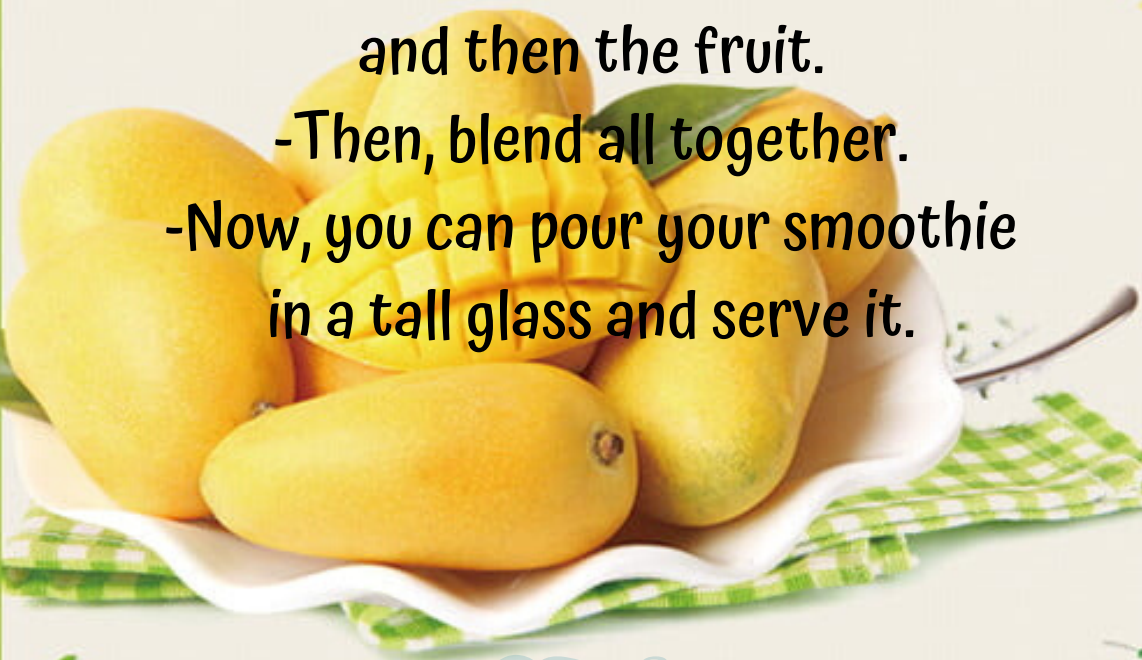
10 pieces of maracuja

Method:

**-In a blender, put first the low-fat milk,
and then the fruit.**

-Then, blend all together.

**-Now, you can pour your smoothie
in a tall glass and serve it.**



By Alessia Missagia