



Now you can make your own Pineapple and Mango Yoghurt Drink



PINEAPPLE AND MANGO YOGHURT DRINK

Serves two, or a generous one

2 medium sized mangoes

**1/2 pineapple - skin removed and
roughly chopped**

500g bio yoghurt

100ml fresh apple juice

Freshly squeezed lime juice

3. Put the pineapple and mango into a blender with the apple juice, and whizz until smooth.

4. Add the bio yoghurt and whizz for a further 5 seconds

5. Finally add the lime juice. Drink immediately.

MAKING THE DRINK

1. We love Alfonso mangoes from India. They have the most intense colour and flavour. Peel and roughly dice them.

2. Remove the skin from the pineapple and chop a quarter of it into rough chunks.



PASSIONATE ABOUT FOOD