



MANGO & TURMERIC KEFIR SMOOTHIE

Ingredients:

60g Fresh or frozen mango

1 Banana

50ml Water

50ml Kefir

1 tsp Maple syrup

**1 Small slice of fresh turmeric or
½ tsp ground turmeric**

Juice of 1 lime

Method:

1. Blitz everything together. Serve over ice with a wedge of lime and a few mint leaves for a fresh summer smoothie.