

# Sunshine Smoothie

**NUTRITION (PER SERVING)**

Energy	81kcal	Saturated Fat	4g
Salt	0.2g	Sugars	7.2g
Fat	4.8g		



SERVES

4

**INGREDIENTS**

90ml unsweetened coconut milk  
10g skimmed milk powder  
Half a fresh mango  
Half a fresh peach  
Small peeled carrot  
Handful of dried apricots (to taste)

**INSTRUCTIONS**

1. Chop or peel/core ingredients as necessary.
2. Blend all ingredients for 2 minutes in a blender.
3. Serve immediately.