

Caotina[®]

MANGO AND GINGER SMOOTHIE



Gives 500 ml



Preparation
10 to 20 minutes



TIP

TO MAKE A RICHER, CREAMIER SMOOTHIE, USE COCONUT MILK INSTEAD OF COCONUT WATER.



SERVE THE SMOOTHIES IN CHILLED GLASSES INSTEAD OF BOTTLES.



DECORATIVE TIP: RUB A SLICE OF LIME ALONG THE EDGE OF THE GLASS
AND THEN PRESS INTO CAOTINA WHITE.

INGREDIENTS ...

1	ripe mango, cut into pieces (approx. 250 g)
20 g	Caotina White
1 tbsp	lime juice
	Ginger, finely grated
250 ml	coconut water, cold

PREPARATION:

- ♥ Place all the ingredients into a mixing bowl and purée until smooth.
- ♥ Serve immediately.