



# Mango Peach Smoothie

Mango Peach Smoothie  
Linda Roderigues, ND  
Serves 1

- 1/4 cup Cashews
- 1 tbsp Lecithin granules (optional, not a raw ingredient)
- 1/4 to 1/2 cup Water as needed
- 1 cup fresh or frozen ripe Mango chunks
- 1 cup fresh or frozen ripe Peach slices
- 1/2 cup additional Cold Water or as needed for consistency
- 1 tsp raw sweetener (Honey, Agave or 1/4 tsp powdered Stevia,) or as needed to taste

Grind cashews to a powder in blender.

Add lecithin (if using).

Add enough water to cover blades of blender and blend until smooth.

Add frozen mango, frozen peaches and just enough water to blend.

If using fresh fruit, add 6 to 8 cubes ice instead of additional water.

Blend until smooth & creamy.

Taste for sweetness and add sweetener if necessary for taste.

Scrape into tall glass and drink immediately.

Note: Sweetness of fruit will determine whether you need to add sweetener (most often I don't need to add any).

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