



Mango Orange Smoothie

Mango Orange 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 Orange, zest grated and reserved, then peeled, segments separated
- 1 tsp Orange Zest (orange part only)
- 6 Ice Cubes or additional Water if frozen mango is used
- 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 mango, orange zest, orange segments and ice (or additional cold water).

Blend on medium speed until smooth and creamy and ice is no longer seen.

If using frozen mango, add just enough water to blend for smooth-creamy consistency.

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).
