



Peach and Mandarin Smoothie



Serves
2



Prep
5-6 minutes



Ingredients

- 1 x 410g can of Princes Peach Slices with Juice
- 1 x 298g can of Princes Mandarin Segments with Juice
- 1 x 300ml measure of Princes Pure Orange Juice
- A sprig of mint (optional)

For a delicious, refreshing, healthy drink, try this mouth-watering Peach and Mandarin smoothie. It also contains 3 portions of your 5 a-day.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	217kcal	50.4g	0g	0g	0g
RI%	11%	56%			

Method

1. Drain the peaches and mandarins, reserving the juice.
2. Add them to a blender with the orange juice and blitz until you have a smooth consistency.
3. If you prefer a smoother drink, add the reserved juice and blend until the desired consistency.
4. Serve in a tall glass with a sprig of mint, sit back and enjoy the taste of summer.