



LEMON, CUCUMBER, MINT SMOOTHIE

Ingredients

1 frozen banana
50g frozen mango
¼ cucumber, chopped
Few sprigs of mint
150ml orange juice
Juice of ½ lemon
2 tablespoons Mr Fitzpatrick's
Lemon, Cucumber & Mint no added sugar
cordial

How to

1. Place all of the ingredients into a blender and whizz up until completely smooth and quite thick.
2. Pour into a glass and enjoy straight away!