

Recipe Name: Mango Chia Seeds Smoothie Topped with Muesli Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Mango (Ripe) - pureed	1
• 4 tablespoon Milk	
• 2 teaspoon Chia Seeds	
• 2 tablespoon Muesli	
• 2 Prunes - chopped	
• 1 teaspoon Cranberries - dried	

Preparation

- To begin making the Mango Chia Seeds Smoothie Topped with Muesli Recipe by soak the chia seeds in milk for about 25 minutes.
- Peel the mangoes and chop them into small pieces and blitz using a hand blender into a smooth puree.
- Keep it aside in a bowl.
- Top it up with muesli, prunes and cranberries and serve.
- Serve the Mango Chia Seeds Smoothie Topped with Muesli Recipe for your morning Breakfast.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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