

# mango & lime smoothie bowl



Rich luxurious and healthy are the three words I describe my mango and lime smoothie bowl with. It embodies the fullness of the Kenyan summer to the max!

### Ingredients

1 large ripe mango

1/4 cup of milk

1 lime, squeezed

1 tablespoon of Oats

Mango yoghurt ( or plain yoghurt)

1/2 a Banana, sliced

1 teaspoon of Sesame seeds

Raisins

### Method

Dice your mango and throw this into the blender together with the milk, yoghurt and freshly squeezed lime juice.

Blend until smooth.

Ladle this in a bowl and garnish with your banana, raisins, oats and sesame seeds.



SERVE WITH: on its own

---

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/mango-and-lime-smoothie-bowl/>