

5 Wholesome Smoothies

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Healthy Mango Coconut Smoothie

INGREDIENTS

1/4 = 0.25 cup oats
1 Tsp lemon juice
1/2 cup coconut milk
1/2 cup fresh mango
1/3 cup plain yogurt
1 Tbsp honey
1 Tbsp sunflower seeds
1/2 cup ice

METHOD

1. Dry roast oats in a pan and let it cool
2. Add pan roasted oats in a blender and blend it well till the texture appears powdered
3. Place rest of the ingredients in a blender and mix until smooth
4. Serve immediately



Mango Yogurt Smoothie

INGREDIENTS

- 1 mango peeled and diced
- 1 cup yogurt
- 1 cup ice
- ½ Tsp cinnamon powder
- 1 Tsp lemon juice
- 1 Tbsp pumpkin seeds

METHOD

1. Add yogurt, lime juice and cinnamon powder in blender and blend it well.
2. Add rest of the ingredients in your blender and blend for 1-2 minute or until the mixture is smooth.
3. Divide between two cups & serve immediately.

