

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

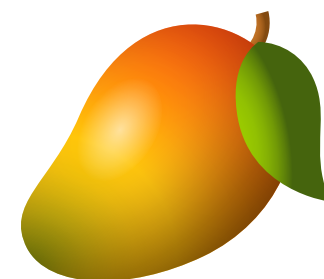
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FRUITY MANGO POPS



HAVE A GO AT MAKING THIS DELICIOUS FROZEN SMOOTHIE. IT WILL GIVE YOU LOTS OF VITAMIN C

YOU WILL NEED

1 CUP OF FROZEN MANGO
1 PEELED BANANA, SLICED
3/4 CUP PLAIN OR VANILLA
YOGURT
1 CUP ORANGE JUICE

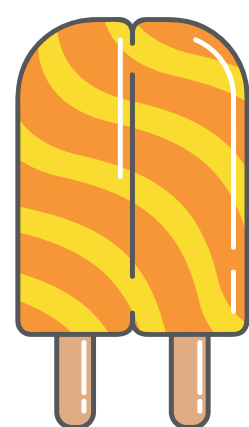


METHOD

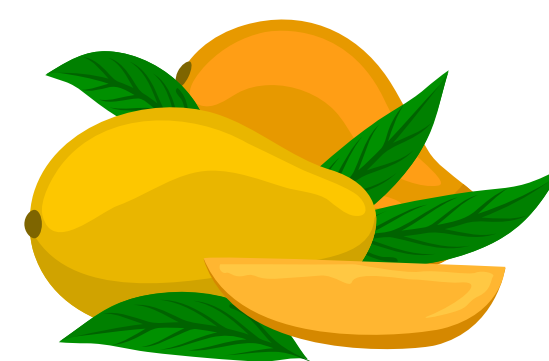
PUT ALL OF THE INGREDIENTS IN YOUR BLENDER AND BLEND UNTIL SMOOTH TO ENJOY AS A SMOOTHIE

OR

FILL SOME PAPER CUPS WITH THE MIXTURE AND POP IN A LOLLY STICK. FREEZE AND ENJOY AS A FROZEN SMOOTHIE POP



FUN MANGO FACTS



MANGOES WERE FIRST GROWN IN INDIA 5000 YEARS AGO

MANGOES BELONG TO THE SAME FAMILY AS CASHEW NUTS!