



HOW TO MAKE MANGO OATS SMOOTHIE



RECIPES

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INGREDIENTS

THIS IS A 3 INGREDIENTS SMOOTHIE MADE WITH OATS, MANGOES & WATER

- Soak 1/2 Morton oats in 1/2 cup water.
- Mix well & Cover the bowl and keep in the fridge overnight.
- Add Morton mango pulp & the soaked oats in the blender.
- Blend till smooth. This is a thick smoothie. To thin down a bit, you can add some water or milk.
- Pour in a glass. You can top with dry fruits or Fruit cocktail..

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