

# RECIPIES

# MANGO PROTEIN SMOOTHIE

5 EASY STEPS TO MAKING A GREAT MANGO SMOOTHIE

# **INGREDIENTS:**

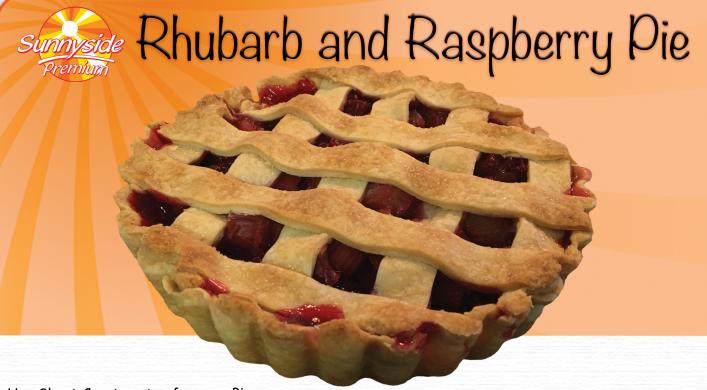
One scoop of ice-cream 100grams of Simped frozen diced mango Milk so mixture total is 300mls One scoop of Vanilla Protein Powder

## **DIRECTIONS:**

- Add one scoop of ice-cream
- Add 100grams of frozen diced Mango
- Add milk so mixture total is 300mls
- Add one scoop of Vanilla Protein Powder
- Blend and serve

This will make a medium cup approximately 340mls





Use Short Crust pastry for your Pie Rhubarb and Raspberry filling for a DEEP 9-inch pie plate Ingredients:

6 cups Sunnyside Rhubarb, 3 cups Sunnyside Raspberries

1 1/2 cups sugar (add a little more if you like your pie sweeter than tart)

1 TBSP lemon juice, 3/4 tsp cinnamon, 1 tsp vanilla,1/4 cup + 2 tablespoons flour, 1 tablespoon corn-starch

### Directions:

1) Preheat your oven to 425 degrees F.

2) Roll pastry to fit a 9-inch pie plate, and set aside.

- 2) In a large mixing bowl, mix together rhubarb, lemon juice, sugar, cinnamon, flour and corn-starch.
- 3) Pour filling into the pie plate, alternating with a layer of raspberries. \*You can mix it all together, but I find that the raspberries get pulverized by the rhubarb.
- 4) Cut another piece of pastry for the top, I used strips on top.
- 5) Brush a bit of water onto the edges of the pie, and press together to seal, and then crimp or press with a fork to make a pattern.
- 5) Beat an egg well and brush on top of the crust for a beautiful shine and browning. Sprinkle with a bit of coarse sugar for an added touch.
- 6) Bake pie at 425 degrees F for the first 15 minutes. Reduce oven temperature to 350 and continue baking for 40-45 minutes, or until the filling is bubbling well.

Allow to cool and set for a while before serving. Serve with ice cream to take this to the next level!



