

Blended Fruit Crush

NEED:

80g sugar

Zest each lemon, orange, finely grated

Flesh each lemon, orange, no pith

Flesh 1 mango

Handful fresh or frozen berries

200g ice cubes

DO:

Place sugar and zests into HMP and mill **10 sec/speed 10**.

Add remaining ingredients and blend **2 min/speed 10**.

Adjust texture to taste with water as needed.

Add any fruits in season or to taste.