

CLEMENTINE AND MANGO YOGURT SMOOTHIE

This is a clementine-inspired recipe from when I visited the grove in California. Up until then, I never thought to put clementines in my smoothies, but holy moly, now I'm hooked! Clementines are very similar to oranges, but they are a bit sweeter and have an awesome tartness to them. They add such a refreshing, tanginess to this drink. Sweet, tart, and creamy, this smoothie is great any time of day, whether it's for breakfast, snack, or dessert.

YIELDS: 2 servings

TIME: 5 minutes

INGREDIENTS:

4 clementines, peeled	1 tablespoon honey, or to taste
½ cup/83 g frozen mango	
¼ cup/60 g vanilla or plain yogurt	4 to 5 large ice cubes (optional)

DIRECTIONS:

Blend together all the ingredients in a blender until smooth. You can add ice for a super cold, thicker smoothie.

Serve in a glass with a straw, or if you made it really thick, you can enjoy it with a spoon.