



All About ... Mango and Oatmeal Smoothie

Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • ½ cup oatmeal • 1 large mango, peeled and diced • 1 small tub (200ml) low fat yogurt • 1 cup ice cubes 	Energy (kcal)	103
	Carbohydrate (g)	18
	Protein (g)	5
	Fat (g)	1
	• Saturated Fat (g)	0.2
	• Polyunsaturated Fat (g)	0.2
	• Monounsaturated Fat (g)	0.3
	Cholesterol (mg)	2
	Dietary Fibre (g)	2
	Sodium (mg)	45
	Potassium (mg)	312
Phosphate (mg)	128	

Methods

1. Mix oatmeal with half a cup of hot water until well combined.
2. Combine all ingredients and one cup of cold water in a food processor. Blend until smooth.
3. Serve immediately.

NUTRITION & DIETETICS DEPARTMENT

Khoo Teck Puat Hospital, 90 Yishun Central Singapore 768828

Email: ktp.dietitians@ktp.com.sg; Website: www.ktp.com.sg; Instagram: @ktp.dietitians

Call-A-Dietitian Hotline: 983 22 983