THE LIGHTER PLATE METHOD

Hibiscus, Strawberry & Mango Cooler

Frozen strawberries against chilled hibiscus and mango — properly refreshing and vividly pink.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 200 ml hibiscus tea (red, brewed and chilled)
- 5 frozen strawberries
- 1 slice mango

Method

1. Blend all the ingredients together until smooth.
2. Drink cold.

Tips & swaps

- Frozen strawberries do the work of ice here, keeping it cold without diluting the flavour.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
80	**1g**	**19g**	**0g**	**2g**

Estimated values, for guidance only.