

Orange mango spritzer

Serves 2

Ingredients

- ½ orange
- ½ mango
- 500ml plain sparkling water
- 2 sprigs of mint

Method

1. Peel and slice orange. Cube mango and remove skin.
2. Place fruits into two glasses.
3. Top with sparkling water.
4. Garnish with sprigs of mint.



NUTRITION INFORMATION		
Servings per recipe: 2		
Average serving size: 450g		
	Per serve	Per 100g
Kilojoules (kJ)	419	93
Protein (g)	1.9	0.4
Total fat (g)	0.3	0.1
- Saturated fat (g)	0.0	0.0
Carbohydrates (g)	20.5	4.6
- Sugars (g)	20.0	4.4
Fibre (g)	3.7	0.8
Sodium (mg)	24	5

This recipe meets the **GREEN** criteria in the National Healthy Schools Canteen Guidelines