

Frozen Mango Mocktail

Ingredients

- ▶ 1 cup of frozen mango
- ▶ 3 pre-soaked dates (in 1/2 a cup of water for at least 10 minutes)
- ▶ Juice of 1/2 of a freshly squeezed lemon
- ▶ 1/2 can unflavored sparkling water
- ▶ Pinch of salt

Procedure

Add all the ingredients in a blender until you like the consistency

