

## Mango Scented Dombagastalawa Smoothie with Mango, Pineapple, and Local Curd



0 made it | 0 reviews



Peter Kuruvita

- Sub Category Name  
Food  
Sweets
- Recipe Source Name  
Tea-inspired breakfast

### Used Teas



TPR Mango Scented  
Dombagastalawa  
Estate

### Ingredients

#### Mango Scented Dombagastalawa Smoothie with Mango, Pineapple, and Local Curd

- 1 cup curd (original/unsweetened)
- 1 small banana or 1/2 of a large one
- 2 clementines or 1 orange, peeled
- 1 medium ripe mango (2 cups), peeled
- 1 1/4 cups frozen pineapple chunks
- 1 Tbsp flax seeds



- 1 cup coconut water cold infused with 2 tablespoons Mango scented tea overnight

## **Methods and Directions**

### **Mango Scented Dombagastalawa Smoothie with Mango, Pineapple, and Local Curd**

- Blend together

ALL RIGHTS RESERVED © 2025 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From  
[teainspired.com/dilmah-recipes](https://teainspired.com/dilmah-recipes) 21/12/2025