

Mango Green Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (frozen)
1 cup Frozen Mango
1 cup Baby Spinach
1/4 cup Vanilla Protein Powder
3/4 cup Unsweetened Almond Milk
1/2 Kiwi (peeled and sliced)
1/2 cup Blueberries (fresh or frozen)
1 tbsp Hemp Seeds

DIRECTIONS

- 01 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 02 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	436	Carbs	72g
Fat	9g	Protein	27g