

Mango Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Mango
1/2 cup Frozen Cauliflower
1 Banana (medium)
1 1/2 cups Water
1 1/2 tsps Apple Cider Vinegar

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	173	Carbs	43g
Fat	1g	Protein	3g