

# Mango Oat Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds  
1/4 Lemon (juiced)

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	275	Carbs	47g
Fat	9g	Protein	8g