

Mango Oat Smoothie.

3 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Skim Milk
1 tbsp Ground Flax Seeds
1/4 Lemon (or orange juiced)

NUTRITION

AMOUNT PER SERVING

Calories	201	Fiber	4g
Fat	3g	Sugar	28g
Saturated	0g	Protein	8g
Trans	0g	Cholesterol	3mg
Carbs	39g	Sodium	72mg

DIRECTIONS

- 01 Throw all ingredients into a blender. Blend well until smooth.
- 02 Divide into glasses and enjoy!

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder or spoonful of powdered peanut butter.

MORE FIBER

Add more ground flax seed.

LIKE A TROPICAL FLAVOR

Add a little coconut extract for flavor.