



# TROPICAL MANGO SMOOTHIE

## Ingredients

- 1/2 fresh or frozen banana
- 1/4 cup of fresh or frozen coconut chunks
- 1 cup of fresh or frozen mango chunks
- 1-2 tbsp chia/flax/hemp or 1 scoop of vanilla organic plant based protein powder
- 2 tbsp coconut or Greek yogurt (low sugar preferably)
- 1 cup of liquid (could be one or a mixture of water, coconut water, coconut milk, oat milk, real pineapple, mango or orange juice)
- Add ice or water for consistency preference
- Blend & enjoy
- Add coconut chips for garnish (optional)

### **To uplevel your health add:**

- 1/2 cup of fresh or frozen kale, spinach & collard greens
- 1 tsp of udos oil 3•6•9 blend to smoothies or salad dressings

