

Lucky Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Frozen Mango
1 Lime (juiced)
1 cup Baby Spinach (packed)
1 tbsp Ground Flax Seed
2 tbsps Hemp Seeds
1 3/4 cups Water
1/4 cup Vanilla Protein Powder

DIRECTIONS

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

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favourite clean protein powder.

NUTRITION

AMOUNT PER SERVING

Calories	324	Potassium	787mg
Fat	13g	Vitamin A	4176IU
Carbs	29g	Vitamin C	67mg
Fiber	6g	Calcium	229mg
Sugar	18g	Iron	3mg
Protein	29g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	236mg
Sodium	74mg	Zinc	4mg