

Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Frozen Cauliflower
1/2 cup Baby Spinach
1/2 cup Frozen Mango
1 cup Unsweetened Almond Milk
1/4 cup Organic Coconut Milk (full fat)
1/4 cup Vanilla Protein Powder
1 tbsp Coconut Butter
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	498	Potassium	773mg
Fat	34g	Vitamin A	2805IU
Carbs	24g	Vitamin C	48mg
Fiber	8g	Calcium	613mg
Sugar	14g	Iron	4mg
Protein	30g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	228mg
Sodium	241mg	Zinc	4mg

DIRECTIONS

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

NOTES

COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

NO PROTEIN POWDER

Use hemp seeds instead.