

# Mango-Ginger Super Smoothie

**Yield: 5 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, use unripe mango or banana

## Ingredients

3 cups dairy-free milk  
2 each mango or banana  
1 cup papaya (optional)  
½ cup walnuts  
1-inch fresh ginger root, peeled and sliced  
2 tsp turmeric, ground  
½ tsp cinnamon, ground  
2 Tbsp chia seeds  
2 Tbsp flax seeds  
2-3 scoops plant-based protein powder  
1 cup ice

## Directions

1. Pour milk (3 cups) into a blender.
2. Add all remaining ingredients except the ice.
3. Run the blender on high for about 30 seconds or until the seeds and nuts have broken down.
4. Add ice. Run the blender on medium for about 10 seconds or until ice has been incorporated into the smoothie.



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### Nutrition Facts

**Serving size 1 cup** (4.1 oz)

Amount Per Serving **116 g**

**Calories** **239**

**% Daily Value**

**Total Fat** 7.3g **11%**

Saturated Fat 1.9g **10%**

**Cholesterol** 2mg **1%**

**Sodium** 122mg **5%**

**Total Carbohydrate** 36g **12%**

**Dietary Fiber** 4g **18%**

**Sugars** 17g

**Protein** 9g **18%**

Vitamin A **0%**

Vitamin C **14%**

Calcium **7%**

Iron **9%**