

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.



Share your healthy eats
with us @Wellbeats



Mango-Ginger Super Smoothie

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%