



Mango Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Mango
- 1 cup Frozen Cauliflower
- 1 Lime (large, zest and juice)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Saturated	7g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.