

# Tropical Mango Protein Smoothie

Web Recipe · Breakfast · Smoothie · GF

**420 cal · 26g protein · 52g carbs · 12g fat · 1 serving**

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## Ingredients

- 1 scoop vegan vanilla protein powder
  - 3/4 cup frozen mango chunks
  - 1/2 cup frozen pineapple chunks
  - 2 tbsp hemp seeds
  - 1/2 cup coconut water
  - 1/2 cup unsweetened almond milk
  - juice of 1/2 lime
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## Instructions

1. Add coconut water, almond milk, and protein powder to a blender. Blend briefly to dissolve powder.
  2. Add frozen mango, frozen pineapple, and hemp seeds.
  3. Squeeze in lime juice. Blend on high until smooth and creamy.
  4. Pour into a glass and serve immediately.
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Generated by Meal Planner · Per serving macros