

Mango Banana Smoothie

The Vegan Gym · Breakfast · Smoothie · GF

545 cal · 26g protein · 77g carbs · 15g fat · 1 serving

Ingredients

- 1 cup frozen mango chunks
- 1 medium banana
- 1 cup unsweetened soy milk
- 1 scoop plant-based protein powder
- 1 tbsp fresh ginger grated
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- ice as needed

Instructions

1. Add frozen mango chunks, banana, soy milk, and protein powder to a blender.
2. Add grated ginger, chia seeds, and hemp seeds.
3. Blend on high until smooth and creamy, about 60 seconds.
4. Add ice as needed for desired thickness and blend again briefly.
5. Pour into a glass and serve immediately.

Generated by Meal Planner · Per serving macros