

Tropical Mango Protein Smoothie

Web Recipe · Breakfast · Smoothie · GF

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

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

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.

Generated by Meal Planner · Per serving macros