



Mango Oat Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Mango
- 1/2 Banana
- 2 tbsps Gluten Free Oats
- 1 cup Unsweetened Almond Milk
- 1 tbsp Hemp Seeds
- 1/8 Lemon (juiced)
- 1 serving Vanilla Protein Powder

Directions

- 1 Throw all ingredients into a blender (add a few ice cubes if you like it cold and thicker). Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add greek yogurt.