

Mango Spinach Smoothie

RECIPE LIGHTLY ADAPTED FROM MARINAWRIGHTWELLNESS



Ingredients

1/2 Banana
1/4-1/2 cup SWP Frozen
Mango
1 cup Fresh Baby Spinach
1/4 cup Protein Powder
(optional)
1/2 cup water
1/2 cup milk

Directions

This list of ingredients will make 1 smoothie. Add all ingredients to a blender, mix well, and enjoy. It can easily be adapted to however many smoothies you want to make.