



MANGO PASSION SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V VE DF

INGREDIENTS

400ml **coconut milk**
4 tbsp **natural protein powder**
120g **fresh or frozen mango** diced
1 medium **banana** frozen
2 **passionfruit**, pulped
Large handful of **ice**

INSTRUCTIONS

Add all ingredients to a blender and blitz until nice and smooth. To make it thicker, add extra ice or if you prefer your smoothie runny just add a little water.

MACROS PER PORTION

CALORIES	277	PROTEIN	22
CARBS	36	FATS	5
FIBRE	5		