

STRAWBERRY, BANANA AND MANGO SMOOTHIE

This recipe makes 1 serving



EQUIPMENT

Blender
Glass
Knife
Chopping board

NUTRITION FACTS PER SERVING

Calories: 239
Total Fat: 6.3g
Sodium: 183mg
Potassium: 844mg
Carbs: 43.2
Fiber: 7.9g
Sugars: 25.9g
Protein: 5.6g



INGREDIENTS

- 1 frozen banana
- 1/2 cup chopped strawberries
- 1/2 cup chopped peaches
- 1 cup unsweetened vanilla almond milk
- 2 tsp hemp hearts



METHOD

1. Add all ingredients to your blender and process until smooth!
2. Serve and enjoy.

