

Mango, kale & spinach smoothie



- 30g spinach leaves
- 30g vanilla flavour whey or rice protein powder (or replace with 1 small ripe banana)
- 30g steamed kale
- 50g frozen mango chunks (or use fresh plus 3 ice cubes)
- ½ tsp ground cinnamon
- 120ml unsweetened almond milk (or use nut milk of your choice)

Put all of the ingredients into a blender and pulse until creamy.

Add a drop more milk if required.

Consume immediately.

SERVES 1



PER SERVING:

183 Calories

13g Carbs

26g Protein

3g Fat