

RECIPE

Mango Power Smoothie



Ready in **5-7 minutes**

Serves **2 people**

Each serving contains 8 oz

Ingredients

- 1 cup ripe mango (fresh)
- ½ fresh banana (for natural sweetness and creaminess)
- ½ cup natural yogurt (plain, low-fat or non-fat)
- ¾ cup unsweetened almond milk (or any milk of choice)
- 1 tablespoon chia seeds (for fiber and omega-3s)
- ½ teaspoon ground turmeric (optional, for anti-inflammatory benefits)
- A handful of spinach (optional, for added greens — won't affect the taste much)
- Ice cubes (if using fresh fruit and want it colder)

Preparation

Add all ingredients to a blender.

Blend until smooth and creamy.

Taste and adjust sweetness if needed (a date or a drizzle of honey if you like it sweeter).

Garnish with chopped nuts (toasted almonds or pistachios)

Pour into a glass and enjoy immediately.