

Strawberry Mango Smoothie

Serves 2 (Unless you're like me and hog the whole thing)

1 cup strawberries

½ cup mango (I used frozen)

1 cup unsweetened almond milk vanilla

½ cup coconut water

1 handful of greens (kale, lettuce, spinach, etc.)

¼-1/2 avocado

1 scoop protein powder

½ cup rolled oats

Optional: water, ice, cinnamon, chia seeds, flax seed

This is very satisfying and tasty!!