

Healthy Delicious Mango Berry Mix Smoothie
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Serves 1 to 2 people

Ingredients

½ cup water

1 cup almond vanilla milk

1 cup organic spinach or kale

1 cup organic frozen mango pieces

1 cup organic frozen berry mix (example: blueberries, blackberries, raspberries)

Directions

1. Add the water, then the almond vanilla milk to a sturdy blender.
2. Then add the spinach, mangos and berry mix.
2. Turn the blender on to the smoothie setting and blend until well combined.
3. Pour into your favorite tall glass and enjoy right away.