



Cut at the line for a 4x6 Recipe Card

Everyday Recipes: everydayrecipes.ca

Mango Smoothie

(Beverages, None)

Ingredients:

- 1 cup milk/non-dairy substitute
- Juice and zest from 2 limes
- 1/2 tsp pure vanilla extract
- 1/2 cup plain Greek yogurt/non-dairy substitute
- 2 tsp ground chia seeds
- 2 1/2 cups frozen mango

Directions:

Place everything in a high-powered blender in the order listed above. Blend on highest setting, until the frozen mango is entirely smooth. If necessary, stop the blender, stir and re-blend. Yield: 2-4 smoothies

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