

MANGO PEACH GREEN  
SMOOTHIE





**SERVINGS**  
2 - 3



**TIME**  
5 min



**GF**



**NF**



**SF**

## MANGO PEACH GREEN SMOOTHIE

### INGREDIENTS

1 mango, fresh or frozen  
2 peaches, fresh or frozen  
2 bananas, frozen  
1 cup (30 g) kale, fresh  
2 cups (500 mL) unsweetened  
plant-based milk\*  
1 Tbsp (7 g) ground flaxseed

### DIRECTIONS

Add all ingredients to a blender and blend until smooth.  
Serve and enjoy immediately.

### NOTES

- **\*Nutrition tip:** try to use a plant-based milk that is fortified with calcium (offers approximately 120 mg calcium per 100 mL serving).
- Feel free to add other fruits to make this one level more tropical: pineapples, berries, coconut meat - it'll all taste delightful.