



Mango Passion Smoothie

CAL: 277 PROTEIN: 22 CARBS: 36 FIBRE: 5 FAT: 5



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SERVES:

2



TIME:

5 minutes



INGREDIENTS

400ml coconut milk
4 tbsp natural protein powder
120g fresh or frozen mango diced
1 medium banana frozen
2 passionfruit, pulped
Large handful of ice

INSTRUCTIONS

Add all ingredients to a blender and blitz until nice and smooth. To make it thicker, add extra ice or if you prefer your smoothie runny just add a little water.

MACROS

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