



Avocado Mango Smoothie

3-4 Servings

1 1/4 Cups Unsweetened Plant Milk

2 Frozen Bananas

1 Mango Ataulfo

1 Avocado

1 Cup Spinach

1 Scoop VeganSmart Protein Powder



Calculated Per Serving

Calories

211

Carbs

32g

Fat

5g

Protein

9g

Fiber

7g

