



Mango Strawberry Smoothie

3 Servings

1 1/4 Cup Unsweetened Almond Milk

1 Frozen Banana

1 Honey Mango

1 Tbsp Honey

1 Cup Frozen Strawberries

2 Tsp Ginger Root

1 Cup Carrots

3-4 Tbsp Fresh Lemon Juice

1/2 Scoop Illumin8 Vanilla Protein Powder

Calories

138

Carbs

28g

Fat

3g

Protein

4g

Sodium

153mg

