

Mang-Go-Go Smoothie

Orange fruits and veggies offer heaps of nutrients called carotenoids, which help to repair the cell damage that happens during workouts. Meanwhile, coconut water rebalances the electrolytes you've lost through perspiration and the added protein assists in muscle growth and recovery!

Ingredients:

- 1 cup Unsweetened Vanilla Almond Milk
- 1 Scoop Vanilla Protein Isolate (I used Driven Nutrition Whey isolate)
- 1 Cup Frozen Mango
- 1 small Clementine, peeled
- 1 tsp Turmeric

Directions:

1. Blend all ingredients until smooth!
2. Enjoy 😊

Servings: 1

Serving size: 1 whole recipe/smoothie

| Mang-Go-Go Smoothie | | |
|---|----------------|-----------------|
| Nutrition Facts | | |
| Serving Size: 1 full recipe | | |
| Amount Per Serving | % Daily Value* | |
| Calories | 327.3 kcal | 16 % |
| Total Fat | 4.9 g | 7 % |
| Saturated Fat | 1.1 g | 5 % |
| Trans Fat | 0 g | |
| Cholesterol | 55 mg | 18 % |
| Sodium | 245.8 mg | 10 % |
| Total Carbohydrate | 49.1 g | 16 % |
| Dietary Fiber | 5.7 g | 23 % |
| Sugars | 39.4 g | |
| Protein | 24.8 g | 50 % |
| Vitamin A | 48 % | Vitamin C 110 % |
| Calcium | 66 % | Iron 17 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| Full Info at cronometer.com | | </> |