

## Mango Banana Green Smoothie

1-Small banana

½ Mango

1 cup almond milk

1 TBS Chia seed (may substitute hemp seed or ground flax)

1 cup fresh spinach

1 scoop Vanilla plant based protein powder *Vegan Smart by Naturade at Sams-* (may substitute triple zero Greek yogurt)

½ cup crushed ice

Place all ingredients in a magic bullet or blender and mix until smooth.  
Serve immediately. Makes 1 serving.