



Kale Mango Smoothie

Ingredients:

6 fl oz unsweetened almond milk or milk of your choice
2 cups mangoes
1 cup kale
1 banana
2 tbsp chia seeds, optional
1-1/2 cups ice cubes
1/4 tsp stevia (or sweetener of your choice) optional

Instructions:

Add ingredients to jar. Blend on high for 50 seconds.

Nutritional Information:

- Servings: 4
- Servings size: 8 fl oz
- Calories: 180 kcal
- Carbohydrates: 40 g
- Sugar: 29 g
- Protein: 4 g
- Fat: 3 g
- Saturated Fat: 0 g
- Fiber: 7 g
- Sodium: 35 mg
- Cholesterol: 0 mg