



Mango Avocado Smoothie

Ingredients:

- 1 cup almond milk
- 2 mangoes (approximately 2 cups)
- 1 avocado, pitted & peeled
- 1 tbsp chia seeds
- ½ cup pineapple chunks
- 2 tbsp coconut flakes
- 1 tbsp agave nectar
- 1 cup ice cubes

Nutritional Information:

- Servings: 3
- Servings size: 10 fl oz
- Calories: 295 kcal
- Carbohydrates: 36 g
- Sugar: 40 g
- Protein: 4 g
- Fat: 12 g
- Saturated Fat: 1.7 g
- Fiber: 7 g
- Sodium: 60 mg
- Cholesterol: 0 mg

Instructions:

Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.