



# TROPICAL SMOOTHIE

## INGREDIENTS:

- 130ml Almond Milk
- 1/2 Banana
- 1/3 Cup Frozen Mango
- 1 TSP Chia Seeds

## Optional:

- 1 TSP Chia Seeds
- 1 TSP Protein Powder

## NUTRITIONAL PROPERTIES:

Almond Milk – High in Vitamin E & Calcium

Bananas – High in Potassium & Antioxidants

Mango – High in Antioxidants & Vitamin C

Chia Seeds – High in Fibre & Omega-3 Fatty Acids

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