

Blueberry Mango Smoothie

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Chef's Notes

Tip: Buy a whole bunch of blueberries, mangoes and bananas and portion 1/2 cup of blueberries, 1/4 cup of mangoes and 1/2 a banana into small re-sealable freezer bags. Then you're set and ready to go in the morning.

Note: If you are diabetic, you can omit the honey, reduce the amount of fruit and add 1 to 2 tablespoons of ground flax to help balance your blood sugar.

For more nutritional information on this smoothie, be sure to check out this post called ["http://blog.rouxbe.com/the-perfect-breakfast-in-more-wheys-than-one/"](http://blog.rouxbe.com/the-perfect-breakfast-in-more-wheys-than-one/)>The Perfect Breakfast."

Step 1: Making the Smoothie

- 1/2 cup fresh or frozen bananas
- 1/2 cup fresh or frozen blueberries
- 1/4 cup fresh or frozen mango
- 1/2 cup coconut water
- 1 tbsp raw honey
- 3/4 cup unsweetened plain almond milk
- 1 tsp coconut oil
- 1 scoop protein powder*
- 1 tsp pure vanilla extract

In a glass jar with a hand blender or in a regular blender, add all of your ingredients and blend until smooth and creamy. Note: If you like your smoothie very cold, add 3 ice cubes before or after you blend the smoothie.

*Note: This recipe calls for a whey isolate protein powder that has about 18 to 20g per scoop. If the scoop has 40g of protein, use half a scoop for one smoothie. To make this smoothie vegan-friendly, simply use another type of non-dairy protein powder.