

# Mango Coconut Smoothie

*Swick*

Makes 1 large smoothies | Active Time: 10 minutes | Total Time: 10 minutes

## Chef's Notes

Nutrition: Calories 287; Fat 14g; Carbs 20g; Fiber 5g; Sugar 13g; Protein 23g; Cholesterol 4mg; Sodium 231mg; Vitamin A 1401IU; Vitamin C 58mg; Calcium 592mg; Iron 1mg

## Step 1: Method

- 1/2 cup Frozen Cauliflower (180 grams)
  - 1/2 cup Frozen Mango (47 grams)
  - 1 cup Unsweetened Almond Milk (250 mL)
  - 1/4 cup Organic Coconut Milk (canned, full fat) (60 mL)
  - 1/4 cup Vanilla Protein Powder (32 grams)
- Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!