

Coconut Mango Tropical Green Smoothie

submitted by paperplanes



Per serving: 346 Calories • 55.1g Carbs (12.7g Fiber) • 3.9g Fat • 30.4g Protein

Ingredients

Ingredients scaled to: 2 serving

- 1/2 tsp **Stevia Sweetener** (0.50 grams)
- 1 medium (7" to 7-7/8" long) **Banana** (118 grams)
- 4 cup **Spinach** (120 grams)
- 4 cup, chopped **Kale** (268 grams)
- 4 tbsp **Lime juice** (60 grams)
- 1 cup, sliced **Mangos** (165 grams)
- 2 cup **Coconut water (liquid from coconuts)** (480 grams)
- 2 oz **Plant Vegan Protein Powder** (56.7 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth.