

Tropical mango, raspberry & coconut smoothie



DYNAMIX
HEALTH & FITNESS

for the bottom layer:

50g Greek yoghurt (use dairy free if preferred)

30ml coconut milk

30g vanilla flavour whey or rice protein powder (optional) or use sweetener of your choice, to taste

1 tbsp unsweetened coconut flakes

6 ice cubes

for the top layer:

80g fresh or frozen mango

60g frozen raspberries

60ml unsweetened almond milk

juice of ½ a lime

2 ice cubes

Place the bottom layer ingredients into a blender and blend until creamy. Add a splash of almond milk if required. It should be a thick but pourable consistency. Pour into a glass, until filled halfway.

Rinse the blender jug. Place the top layer ingredients into the blender and blend until creamy.

Pour into the glass, filling to the top. Serve.

Consume immediately.

SERVES 1



PER SERVING:

295 Calories

27g Carbs

31g Protein

7g Fat

