

Mango, turmeric & almond smoothie



80g ripe mango
180ml unsweetened almond milk
30g vanilla flavour whey or rice
protein powder (optional)
10g blanched almonds
½ tsp ground turmeric
5 ice cubes

Place all of the ingredients in a blender and blend until smooth. Serve.

Consume immediately.

SERVES 1



PER SERVING:
261 Calories
17g Carbs
28g Protein
9g Fat