

**Recipe:** Mango Smoothie Bowl

**Servings: 1**

Calories: 340 kcal

Calories from fat: 40

Potassium: 883 mg

Carbs: 78g

Fiber: 7g

Protein: 4g

Vitamin A, Vitamin C, Calcium

**Ingredients:**

-1.5 cups of frozen mango chunks ----- Any frozen fruit may be substituted (strawberries)

-1 frozen banana sliced

-1 cup of cold almond milk ----- Can substitute other types of milk (milk, oat milk, soy milk)

-1 tablespoon of date syrup or if prefer maple syrup ----- Can also use honey

-coconut water if you need to adjust consistency

Toppings:

-Fresh pineapple and / or mango

-Raisins

-Sliced almonds

-Fresh Blueberries & Raspberries

-Shredded Coconut

\*Honey

**Directions:**

1. place frozen mango chunks and frozen banana slices in a blender.
2. 2-Add almond milk and date syrup and blend.
3. Check consistency. If needed add coconut water.
4. Transfer to a bowl
5. Top with fresh mango and pineapple slices, raisins, berries, shredded coconut, sliced almonds.
6. Optional : drizzle honey