

Glowing Green Mango Energy Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

Ingredients

4 cups	Baby Spinach
2 tbsps	Chia Flax Mixture
1/2	Cucumber
1	Lime (juiced)
1	Lemon (juiced)
1	Apple (diced)
1 1/2 cups	Frozen Mango
2 cups	Water