

## MANGO-BERRY BLISS PROTEIN SMOOTHIE

### Mango

Mangos are full of vitamins & minerals, low in fat, & only have about 100 calories per serving. Mangos also contain small amounts of phosphorus, pantothenic acid, calcium, selenium, & iron.

### Avocado

Avocados are full of vitamin K & folate, which is known to help prevent stroke. Aside from boosting memory & concentration, they have a high dose of lutein, improving brain function.

### Almond Milk

Almonds are packed with vitamin E & are full of healthy fats that help absorb vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily vitamin E intake.

### Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues & improves skin health, nail strength & slows the effects of aging.

### Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

### Coconut

Rich in fiber & MCTs, coconut offers several benefits including improved heart health, weight loss, & digestion. Coconut is also rich in potassium, which is essential for proper erectile functioning, & any deficiency in it can contribute to decreased sexual performance.

### Cacao Nibs

Cacao nibs contain a compound called MAO, which is often used as an additive in weight-loss products. Additionally, cacao nibs have tons of antioxidants in them, which means eating them can be an excellent way to maintain or improve your cellular health.

### Plant Protein

Plant-based proteins are lower in calories & fats than animal proteins but higher in fiber & essential nutrients. Plant-based eating can also be a helpful strategy for weight loss & managing type 2 diabetes.



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### Instructions

*Combine in Blender:*

- 3 cups of frozen **mango-berry fruit**
- Approximately 5 (small) pieces of **frozen coconut chunks**
- 1 **avocado**, peeled; remove the seed
- 2-2 ½ cups of (unsweetened) **almond milk** (this varies per blender - start with 2 cups & add more if needed)
- 1-1 ½ cups of **purified water** (this varies per blender - start with 1 cup & add more if needed)
- 2 scoops of real sport **protein powder**
- 2 scoops of (unflavored) **collagen + dermaival**
- Approximately 1 tsp of **cinnamon**

*Pour into two glasses!*

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*Top smoothie with:*

- A handful of **coconut cashew granola**, per glass
- A (small) handful of **sliced, unsalted almonds**, shared between the glasses
- ½ tsp of **cacao nibs** per glass
- A sprinkle of **cinnamon** in each glass

*Stir, sip, & crunch!*

### Recipe

- Wyman's: Frozen Mango-Berry Fruit - 3 cups
- Coconut King: Frozen Coconut Chunks - approximately 5 (small) pieces
- Avocado - 1
- Elmhurst: (Unsweetened) Almond Milk - 2-2 ½ cups
- Purified Water - 1-1 ½ cups
- Epic Protein: Real Sport - 2 scoops
- 1st Phorm: (Unflavored) Collagen + Dermaival - 2 scoops
- Cinnamon - approximately 1 tsp
- Cacao Nibs - 1 tsp
- Sliced (Unsalted) Almonds - (small) handful
- Purely Elizabeth: Coconut Cashew Grain-Free Granola - a handful



### Substitutions

- Customize & substitute any of your favorite fruits! – Strawberries, blueberries, raspberries, blackberries, etc. For this recipe, I use [Wyman's: Frozen Mango-Berry Fruit](#) which is excellent to use in smoothies; using frozen fruits allows you to have a cold smoothie without the ice-y texture, which is great unless you're making a margarita! In addition, I use various natural smoothing agents like avocado to create a nice creamy blend & balance the texture! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- I use [Coconut King: Frozen Coconut Chunks](#) for this recipe, which is organic & has no sugar added! There is also only one ingredient for this product: organic coconut; it doesn't get much better than that! You could even opt for coconut meat from a mature coconut; however, you may have to add some ice to balance the temperature of the smoothie! Whichever you decide, please read ingredient labels if applicable! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I also use [Purely Elizabeth: Coconut Cashew Grain-Free Granola](#) to top off this smoothie & add in some crunch! Honestly, this ingredient makes or breaks this smoothie – it's THAT good. The best part is that this granola is entirely plant-based, gluten-free, & the ingredients are all-around amazing! Purely Elizabeth offers a variety of products that are all phenomenal! Shout out to Elizabeth; thanks, girl! If you do choose another product, be sure to check the ingredient label! Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- [Elmhurst: \(Unsweetened\) Almond Milk](#) is a dairy & gluten-free milk alternative with just two ingredients: almonds & water. [Elmhurst](#) also sells various other types of nut milk that you can swap out in this recipe! If you have a nut allergy, feel free to substitute for pasteurized goat's milk! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I use [Epic Protein: Real Sport](#) for this recipe for a few reasons: 1) It is entirely plant-based, 2) ALL of the ingredients are REAL ingredients, not filled with additives, gums, & "natural" flavors, 3) It has 24 grams of protein which is just enough for your body to be able to process at once, 4) It's gluten, grain, nut-free, & more! I struggled to find a natural source of protein powder for quite some time until finding [Sprout Living's Epic Protein](#) – I haven't looked back since! If you choose another product, check out the ingredient label before your purchase! Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- I aim towards the unflavored collagen powders (considering most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health)! I use [1st Phorm: \(Unflavored\) Collagen + Dermaval](#), which includes all five collagen types: hydrolyzed bovine, bovine bone broth, chicken, egg, & fish. If you choose a different product, make sure to double-check what types of collagen are included in the blend, as some may only have 2-4 different types. Also, dissect the nutrition labels for any harmful ingredients!
- There are many places to get [cacao nibs](#); however, I ordered mine from Thrive Market for this recipe! [Thrive Market](#) has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door! *A good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*