

Mango Banana & Passion fruit Smoothie



Makes: ~1 – 2 servings

INGREDIENTS

Smoothie Ingredients

3 medium sized bananas

283 gm / 10 oz. frozen mangos

**1 scoop vanilla protein powder (see Notes)

1 cup ice cold water

½ passion fruit (pulp only)

Topping Suggestion

fruit of your choice

remaining passion fruit pulp

hemp seeds

pumpkin seeds

chia seeds

puffed millet

Notes

** I used Nuzest's Smooth Vanilla Clean Lean protein powder in this recipe



Smoothie

1. Blend all ingredients except the passion fruit pulp until smooth.
2. Add the passion fruit to the smoothie and mix until well combined.
3. Pour smoothie in a bowl and top with your favorite fruit as well as toppings.