

Lela39s Protein Mango Smoothie

Jacob · 29/09/2024



Prep Time

1

Difficult

Medium

Servings

1 smoothie

Description

Whip up a refreshing protein vanilla mango shake

Ingredients

- - ½ mango
- chopped
- or more to taste - ½ cup low-fat vanilla yogurt - ½ cup almond milk - ½ cup ice - 1 scoop vanilla whey protein powder - 1 teaspoon honey
- or to taste (Optional)

Instructions

1. Blend mango
2. yogurt
3. almond milk
4. ice
5. protein powder
6. and honey together in a blender until smooth.