



Mango Smoothie

If you're looking for a healthy snack for work and don't have time to make a salad, try this mango smoothie, which only takes a couple of minutes to prepare and will give you a nice carbohydrate boost at lunch. If you can't find fresh mangoes, Trader Joe's frozen mango chunks make a fine alternative. Drink up!

Ingredients

2 mangoes, sliced
½ cup milk
¼ banana
1 cup ice
½ cup vanilla
½ cup spinach (optional)

Preparation Process

Add all the ingredients into a blender and blend until completely mixed.

If you want to watch the video again. Click [here](#).