



Mango and Lime Smoothie

(From Healthpath Pro)

1 Serving

This smoothie contains good sources of soluble fibre (mango and cauliflower, yes, you read correctly, cauliflower in a smoothie!), to help regulate digestion and blood sugar, whilst the protein powder contributes to bone and hormonal health. Both elements help to manage appetite and reduce cravings by prolonging the feeling of fullness. Limes provide a good source of vitamin C.

150g frozen Mango

150g Frozen Cauliflower

1 lime (zest and juice)

2 tbsp vanilla protein powder (or plain, with two drops of vanilla essence)

300ml unsweetened coconut milk

Additional / Alternative Options

Add spinach, avocado, kale, pineapple, or chia seeds.

Use almond or oat milk

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

