

# The Mango Green Smoothie



1 cup of frozen mango chunks



**Want it as a pre-training shake?**

Add a banana



1 handful of fresh baby spinach leaves



1 tbsp chia seeds



1 kiwi, washed, skin on, ends removed



1 cup of water or coconut water



**Increase the protein content?**

Exchange the water for 2 tbsp Total 0% or 2% Greek yoghurt and 150ml low fat milk

