

Mango Smoothie

INGREDIENTS

- 3 cups frozen mango
- 4 oz reduced fat coconut milk
- 4 oz water
- 1 scoop vanilla protein

DIRECTIONS

1. Add all ingredients to a high speed blender - I recommend a vitamix! I've had mine for years, and nothing else compares to the consistency.
2. Add more water if needed, $\frac{1}{4}$ cup at a time. I like a thick smoothie, so I am light on the water
3. Enjoy!