

# Lucky Green Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## Notes

### No Mango

Add frozen pineapple or banana instead.

### More Protein

Add a scoop of your favourite clean protein powder.

## Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

## Nutrition

Amount per serving

<b>Calories</b>	238	Vitamin D	0IU
<b>Fat</b>	13g	Vitamin E	2mg
<b>Carbs</b>	27g	Thiamine	0.3mg
Fiber	5g	Riboflavin	0.2mg
Sugar	18g	Niacin	3mg
<b>Protein</b>	10g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	137µg
Sodium	37mg	Vitamin B12	0µg
Potassium	666mg	Phosphorous	368mg
Vitamin A	4176IU	Magnesium	189mg
Vitamin C	67mg	Zinc	2mg
Calcium	116mg	Selenium	1µg
Iron	3mg		