



NUTRITION CONSULTING INC.

Mango Kale Smoothie with Mint

Thanks to Kristyn Hall MSc, RD, Food, Nutrition & Culinary Coach www.NutritionAndCulinarySolutions.ca for this delicious recipe.

Makes 2 servings

What you need:

- ~1 cup frozen mango
- 1 banana
- 2 celery stalks
- 1 carrot (peeled, top removed)
- 1 apple (skin on, core removed)
- 1 pear (skin on, core removed)
- 2 handfuls raw spinach, Swiss chard and kale (this was a mix I found in the store)
- 1/4 cup parsley
- 1/4 cup mint (fresh)
- ~1 cup plain unsweetened yogurt
- ~1 cup apple juice



How you prepare:

Blend together and enjoy!

Per serving:

- Calories: 229
- Carbohydrates: 49 g
- Protein: 8.8 g
- Fat: 2.2 g
- Fibre: 7.3 g

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