Mango, kale & spinach smoothie

BODY TRANSFORMATION CENTRE

30g spinach leaves
30g vanilla flavour whey or rice protein powder (or replace with 1 small ripe banana)
30g steamed kale
50g frozen mango chunks (or use fresh plus 3 ice cubes)
½ tsp ground cinnamon
120ml unsweetened almond milk (or use nut milk of your choice)

SERVES 1

Put all of the ingredients into a blender and pulse until creamy.

Add a drop more milk if required.

Consume immediately.

PER SERVING:
183 Calories
13g Carbs
26g Protein
3g Fat