



CLEAN & TASTY

GREEN MANGO BOWL

<i>Serving</i>	<i>Time</i>	<i>Level</i>
1-2	15 mins	easy

INGREDIENTS

- 2 c spinach, organic
- 1 1/2 c frozen mango chunks
- 1 frozen banana, chopped
- 1/2-1 c non-dairy milk
- 1 t moringa powder
- juice of 1/2 lemon

TOPPINGS

- 5 T chia seeds, divided
- 4 strawberries, sliced, divided
- 1/2 c blueberries, divided
- 2 T coconut flakes, divided
- 1/2 c almonds, divided
- 1/2 c granola, divided

DIRECTIONS

- Put all ingredients in a high speed blender in the order listed and blend smooth, but maintain a stiff texture. Put the mixture in 2 bowls and divide toppings between the two bowls.
- *Preferable to make your granola or a low fat granola without canola oil.