



Avocado Mango Smoothie

Serves 2

Ingredients

- 2 1/2 cups water
- 1 1/2 tablespoon unsweetened shredded coconut
- 1 large avocado pitted, flesh scooped out
- 1 1/2 cups frozen mango cubes
- 2 pitted dates
- 1 teaspoon fresh lime juice
- 1/2 teaspoon vanilla essence

Method

Step 1: Place all ingredients in a blender and blend until smooth and creamy. Divide between 2 glasses, serve immediately.

Nutritional Guide - Per Serve

Energy: 347cal	Carbohydrate: 20.6g
Protein: 3.7g	Sugars: 19.7g
Fat: 26.6g	Sodium: 37.2mg
Sat Fat: 8.1g	

Are you on a 1200 Calorie Meal Plan?

Your calorie intake for breakfast should be between 270-300cal

Does this recipe meet your meal requirements? **NO**

Recommendations:

- Remove dates from recipe and reduce frozen mango to 1 cup.

Total Calories:
289cal

Are you on a 1500 Calorie Meal Plan?

Your calorie intake for breakfast should be between 320-350cal

Does this recipe meet your meal requirements? **YES**

Total Calories:
347cal