



# Tropical Smoothie

Serves: 4 servings

Active time: 10 minutes

Total time: 15 minutes

## Ingredients

2 cups unsweetened plant based milk  
2 bananas  
1 cup frozen mango  
1 cup frozen pineapple  
2 tablespoons ground flaxseeds

## Directions

- Blend ingredients together in a high-power blender.
- Serve immediately.

NUTRITIONAL DATA PER SERVING (1 serving): calories 140 | fat 3.4g | saturated fat 0.20g | cholesterol 0mg | sodium 97mg | carbohydrates 28g | fiber 4.2g | protein 3g

