



Mango Madness

The sweet perfume of luscious mangoes combined with carrot juice makes for a surprisingly delicious and nutritious smoothie.

- 1 ripe mango
- 1 ripe banana [chopped and frozen for at least 3 hours]
- 240 ml / 8oz carrot juice
- 2 scoops Solgar *Whey to Go*® Protein Powder Vanilla flavour
- 1 tsp *Omega Advanced Blend 2:1:1* [optional]
- 1 tbsp ground flaxseeds
- 8 tbsp live natural yogurt

Blend all ingredients until smooth and serve in tall glasses

Serves 2

NUTRITIONAL INFORMATION PER SERVING:

Calories 367.5 Fat 10.1g , Saturated fat 2.5g, Carbohydrates 44.2g,
Fibre 5.8g, Protein 25.4g



This recipe has been extracted from the 'Whey of Life' Recipe Book by Alice Bradshaw. With over 30 protein-rich recipes, the 'Whey of Life' Recipe Book is available free with promotional packs of Solgar Whey to Go protein powder - while stocks last.

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