



## 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 403.9 Fat 10.1g , Saturated fat 2.5g, Carbohydrates 45.3g,  
Fibre 5.8g, Protein 29.4g



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