



Mango Smoothie

Prep time: 10 minutes

Serves 2

- 2 cups mango, chopped
- 1 lime, juiced
- 1 green apple, chopped
- 1 tablespoon chia seeds, covered with water and soaked to make a gel
- 1 cup Thai baby coconut water (or filtered water with 1 tablespoon virgin coconut oil)
- 1-2 handfuls of dark leafy greens of choice
- 2 medjool dates, pitted

Add all ingredients to a high-powered blender and blend until smooth.



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