



Flourishing Kitchen

Mango Spinach Smoothie Recipe

Raw. Vegan. Gluten-free.

Prep Time: 5 mins | Soak Time: 0 mins. | Serves: 1

Recipe Ingredients:

- 1 cup chopped mango
- 2 cups fresh leaf spinach
- 1 chopped banana
- 2 tbsp shelled hemp seeds
- 1 cup water

Toppings (optional)

- A light sprinkle of hemp seeds

You Will Need:

- High speed blender
- 1 tall serving glass



Recipe Directions

1. Place the ingredients into your blender, add water and blend until smooth.
2. Pour your smoothie into a tall glass and sprinkle with a pinch of hemp seeds before serving.