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"GOOD Morning!" Mango Protein Smoothie

1 serving
5 minutes

Ingredients

3/4 cup Plain Greek Yogurt (0% milkfat)
1 cup Frozen Mango
1/3 Banana
1/4 Avocado
1 Carrot (small-medium)
2 tsps Ginger (fresh peeled knob)
1 cup Baby Spinach
2 tsps Honey (to taste)
1/4 cup Water

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
More Flavor: Add honey, maple syrup, stevia, avocado, spinach or kale. Use rice milk, oat milk, almond milk or coconut milk instead of water.
More Protein: Add hemp seeds, chia seeds, a scoop of protein powder or a spoonful of nut butter.
More Fiber: Add ground flax seed.