

Breakfast | Lunch | Snack

# Mango Smoothie

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

**396 Calories** **21g Fat** **54g Carbs** **3g Protein**

## Ingredients

**2 Servings** **5 Mins Total Time** **Allergens: FODMAPs**

**3 Cups** Frozen Mango

**½ Cup** Orange Juice, pulp-free

**1** Raw Carrot, peeled and thinly sliced

**1¼ Cup** Low-Fat Coconut Milk (about 1 can)

**1 Tsp** Turmeric

**1 Tsp** Ginger Paste

**1-2** Grinds of Freshly Cracked Black Pepper, optional

**1 Tsp** Vanilla Extract

### Allergen Swap

**FODMAPs** There is not a fruit replacement for mango



### Nourishment Note



#### Mango

Peeled mango is an excellent source of vitamin C. Vitamin C helps your body more easily fight infections.



#### Carrots

Carrots contain vitamin A and potassium. Vitamin A is important for strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



#### Turmeric

Turmeric is a spice that contains high amounts of antioxidants. Antioxidants may help to prevent body cell damage during a flare-up.



#### Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation and minimize stomach pain or nausea.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Prepare Smoothie

Add the ingredients to the blender, blend on medium-high speed until smooth and creamy. Add more liquid if the mixture is too thick.

### 3. Serve & Enjoy

Pour mixture into two serving glasses. Serve and enjoy!

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from [rachaelhartlevnutrition.com](https://www.rachaelhartlevnutrition.com)

## What You'll Need



Blender



Measuring Cup



Measuring Spoons



Can Opener



Vegetable Peeler



Knife



Cutting Board

### Remission Remix

- Replace the pulp-free orange juice with regular orange juice.
- When energy levels are high, prep solid ingredients in a freezer-safe bag to have on hand when you're not feeling your best. When ready for a nourishing treat, simply add to a blender with the liquid.