

**Breakfast | Lunch | Snack** 

# **Mango Smoothie**

**5 Mins** Prep Time

**O Mins**Cook Time

2 Servings

396 Calories 21g Fat 54g Carbs 3g Protein

## **Ingredients**



3 Cups Frozen Mango 🖤

1/2 Cup Orange Juice, pulp-free

1 Raw Carrot, washed, peeled and thin liced

11/4 Cup Low-Fat Coconut Milk (about 1 can)

1 Tsp Turmeric 🖤

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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.



### **O** 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

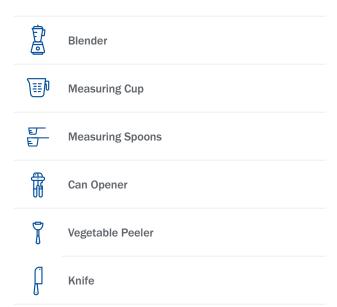
Pour mixture into two serving glasses. Serve and enjoy!

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from <u>rachaelhartleynutrition.com</u>

### What You'll Need



### **Remission Remix**

Replace the pulp-free orange juice with regular orange juice.

**Cutting Board** 

 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.