

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, **washed**, peeled and thin 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.