



HEALTHY MANGO SMOOTHIE BOWL



SERVES: PREP TIME: COOK TIME:

1 | 5M | 0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

- 1 Cup Crofter's Organic Premium Mango Fruit Spread
- ½ Cup Coconut Milk
- ½ Cup Almond Milk
- 1 Frozen Banana (Chopped)
- ½ Cup Frozen Mangoes
- 1 Tsp Chia Seeds

DIRECTIONS:

1. Place all listed ingredients into the blender. Blend all together until desired consistency.
2. Garnish with your favorite toppings. We chose organic raspberries, blueberries, coconut flakes and granola. Enjoy!