



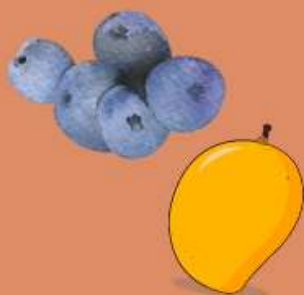
Ashley's Meal Prep Monday!



Blueberry Mango Smoothie

INGREDIENTS

- 1 cup frozen mango
- 1 cup frozen blueberries
- 1 frozen medium sized banana
- 1 TBSP chia seeds
- 1 TBSP nut butter (I used cashew)
- 1 TSP maple syrup
- 2-ish cups milk (I used cashew milk)



Add all ingredients to a blender and blend on medium speed until desired consistency. Add more maple syrup if you like it a little sweeter.

If you're wanting to add a little extra into your smoothie, maybe use it as a meal replacement, oats and protein powder are always a great option - you may need more milk, that way it isn't super thick.

Other smoothie extras; hemp/flax seeds, spinach, kale, riced cauliflower, yogurt, cinnamon, cocoa powder, agave, honey, coconut sugar,

While there are TONS of add in options, be careful to not overdo it. Just because it's all 'healthy' those calories can sneak up on you real quick.

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