

Breakfast | Lunch | Snack

Mango Smoothie

Side Effect: Dry Mouth

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: None**

3 Cups Frozen Mango, **rinsed**

½ Cup Orange Juice, **pasteurized**

1 Raw Carrot, peeled, **washed** 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



Nourishment Note



Smoothies

Moist foods, like smoothies, are often easier to swallow, making them a good choice when dealing with dry mouth.



Mango

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



Carrots

Carrots contain vitamin A. Vitamin A is important in strengthening the immune system and building healthy cells.



Turmeric

Turmeric is a powerhouse spice with high levels of antioxidants to protect cells from damage and help reduce inflammation within the body.



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 and all cooking surfaces with soap and warm water before beginning.

2. Soak

Soak frozen fruit in water and rinse before adding to the blender. This helps remove bacteria and prevent a food borne illness.

3. Blend Ingredients

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

4. Serve & Enjoy

Consume smoothie immediately or discard leftovers.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from rachelhartleynutrition.com

What You'll Need



Blender



Measuring Cup



Measuring Spoons



Can Opener



Vegetable Peeler



Knife



Cutting Board

- Carrots: Use baby carrots instead of peeling your own.
- Ask a friend or family member to help prepare this beverage.