

Breakfast

Coconut Mango Smoothie

10 Mins
Prep Time

0 Mins
Cook Time

2
Servings

141 Calories **2g Fat** **21g Carbs** **8g Protein**



Ingredients

2 Servings **10 Mins Total Time** **Allergens: Dairy, Nuts**

½ Cup Almond Milk

½ Cup Fresh Spinach

½ Cup Frozen Blueberries

½ Cup Frozen Mango

½ Cup Coconut Milk

5.3 oz Carton Low-Fat Vanilla Greek Yogurt

Allergen Swap

Dairy Replace the yogurt with a dairy-free version

Nuts Replace the almond milk with a nut-free milk

Nourishment Note



Spinach

Spinach is a nutrient powerhouse It's packed with antioxidants to help reduce inflammation associated with MS. It also contains nutrients that may help lower the risk of heart disease.



Blueberries

Blueberries are a good source of antioxidants and may help reduce inflammation associated with MS.

Instructions

1. Blend

Combine all ingredients in a blender. Blend on high until smooth and creamy. If too thick, add more almond milk.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Spoon



Blender



Drinking Glass

Fatigue Buster

- Ask a friend or family member to help make this dish.