



Orange Mango Dreamsicle Smoothie

****Makes 2 servings**

INGREDIENTS:

- 1 c chopped frozen mango
- 6 oz 100% orange juice
- 1 tbsp minced fresh ginger (or 1 tsp ground ginger)
- $\frac{3}{4}$ c plain Greek yogurt, 2% fat
- 4 oz 2% milk
- 1 tbsp chia seeds, soaked overnight
- 1 scoop vanilla Vega protein and greens powder
- 1 tsp vanilla extract
- $\frac{1}{2}$ c raw oats

DIRECTIONS:

1. Place all ingredients in blender.
2. Puree until smooth, adding water to achieve desired consistency.

(Can be frozen to be consumed later)

Nutrition Facts (PER 12 OZ SERVING):

CALORIES: 355

FAT: 8g

CARBS: 47g

PROTEIN: 23g