



Super Vitamin Fresh Smoothie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine L'Angélique

PORTIONS : 2

PREPARATION: 10 MINUTES

INGREDIENTS

- About 6 Brazil nuts, previously soaked and drained (about 25 g)
- 1 frozen banana* - (about 100 g)
- 1 Ataulfo mango (about 175 g)
- 1 cup, packed, baby spinach (about 60g)
- The juice of half a lemon
- 2 tbsp finely chopped fresh mint (about 3 g)
- 375 g (1 1/2 cups) plant-based milk substitute

PREPARATION

1. Mettre tous les ingrédients dans le mélangeur à haute vitesse jusqu'à l'obtention d'un mélange bien onctueux. (J'aime bien utiliser mon Vitamix pour les smoothies).
2. Au goût, vous pouvez aussi rajouter un peu de boisson végétale (afin d'obtenir la texture désirée).



TIP

* I really like cold smoothies, which I find even more refreshing and enjoyable to drink! To do this, I always store bananas in the freezer in an airtight container. The way to freeze them is very simple: simply remove the peel and cut it in half lengthwise, then 2 on the width. And toss in the freezer to always have them on hand!

NUTRITION FACTS

Per portion 250 Calories

Fat: 12 g	18 %
Saturated 2,5 g	
Trans 0 g	13 %
Polyunsaturated: 4,5 g	
Omega-6: 2,5 g	
Omega-3: 0 g	
Monounsaturated: 4 g	
Cholesterol: 0 mg	
Sodium: 95 mg	4 %
Carbohydrate: 33 g	11 %
Fibres: 5 g	20 %
Sugars: 20 g	
Protéines: 9 g	
Vitamin A	45 %
Vitamin C	70 %
Calcium	25 %
Iron	15 %
Magnesium	50 %
Sélénium	480 %
Vitamin K	190 %