

Super Greens Mango Banana Smoothie

Ingredients:

1 cup super greens

1 banana

1/2 cup mango chunks

1/4 cup passion fruit chunks (optional)

1 TBSP flaxseed

1/2 TBSP chia seed

1 cup milk (I use almond milk)

1 tsp vanilla

Directions:

Blend together ingredients. Makes a single serving. I like to use frozen fruit so my smoothie is nice and icy!

 *Helping
of Happiness*