

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Peach Mango Smoothie



INGREDIENTS

- 1 Peaches & Cream Protein Shake
- 1 ripe peach, peeled and chopped
- 1 ripe mango, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 1/2 tsp lime juice

DIRECTIONS:

1. Add all ingredients to a food processor or blender and blend until mixture is smooth
2. Pour into a tall clear glasses
3. Put one orange and white swirl straw in each smoothie