

Energy Burst Smoothie

Recipe By *Chevy Slomovics and Raizy Janklowitz*



Cooking and Prep:  05
m

Serves:  2

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Gluten Free, Low Fat,
Low Carb, Salt Free, Vegan,
Vegetarian, Pescetarian, Sugar
Free

Source: Relish by Binah
Magazine

Ingredients (5)

Main ingredients

- 1/2 cup frozen mango chunks
- 1/2 – 1 banana (to taste)
- 1 cup almond milk
- 1 tablespoon hemp powder

1 teaspoon agave syrup

Start Cooking

Blend

1. Place the ingredients in a blender and blend until smooth. Serve immediately.