

Vegan Mango Protein Smoothie

Recipe Makes: 1 serving

Nutritional Value (per serving)

Calories: 328 kcal **Protein:** 7.5 g **Carbohydrate:** 42.6 g **Fat:** 17.2 g

Ingredients

- ½ Ripe Banana, frozen
- ¾ cup Mango (Ripe), frozen
- 50 grams Tofu, soft
- ¼ teaspoon Turmeric (Haldi) Powder
- ¼ teaspoon Vanilla Extract
- ¼ cup Fresh Orange Juice
- ¼ cup Coconut Milk

For Topping

- Black Sesame Seeds
- Kiwi, few pieces or any other fruit
- Basil Leaves, for garnish



Instructions

1. To begin making the smoothie, place all the ingredients in a blender and blend the ingredients until smooth.
2. Serve in a tall glass or a jar and top it with black sesame, basil and kiwi or fruits of your choice.