



Mango Maca Protein Smoothie

Having smoothies for breakfast three to four times a week has done more than give us back time; they have boosted our energy levels, made us feel fuller for longer and helped us to drop kilos without losing important muscle. Smoothies also improve digestion, reduce bloating and keep things regular. If you haven't heard of the wonder plant maca, you are missing out. It has been used for centuries as a healing food, to boost energy and improve immunity. Maca is also said to have an adaptive response, which means that it helps our bodies adapt to stress. Its pleasant malt taste goes perfectly with mango in a smoothie. This drink is a wonderful superfood snack when you're having one of those hectic days.

SERVES 1

What's in it?

- 1 small handful of ice (if using fresh mango)
- ½ frozen, sliced banana
- ½ fresh mango or 1 cup (150g) frozen mango
- 1 scoop natural protein powder
- 1 cup (250ml) coconut water or coconut milk
- 1 tsp maca powder
- 1 tsp raw honey (optional)
- 1 tsp ground cinnamon

Put the ice, if using, banana, mango, protein powder, coconut water, maca powder, honey and cinnamon into a blender or food processor. Blitz until smooth and creamy, then serve.

Tips

Add more coconut water or milk, if you prefer a thinner consistency.

You can substitute the coconut water for almond milk, if you prefer.

Top with your favourite fruit and drizzle with honey.