

Morning summer smoothie

Ingredients:

1 small frozen banana
1/4 cup frozen mango pieces
1 serve of rice based protein powder
(I like the Biomedica protein complete)
2 tsp chia seeds
2 tsp LSA
1 tsp maca powder
1 tsp cacao powder
1 tsp hemp seeds
Sprinkle of cinnamon

Place all in a high speed blender and enjoy!

Thanks to Hayley for sharing our favourite summer smoothie.

