

Ginger Lime Lean Green Protein Smoothie

CREATED BY **VALERIE COGSWELL**

Rough night? Been there. Recharge with a Ginger Lime Lean Green Protein Smoothie! Now, I don't know about you but the whole greens in a blender thing has always scared me. While I can appreciate the health benefits of anything green, my goal was to whip up a green smoothie that actually tastes good (think creamy cashew, coconut, fresh lime and spicy ginger), replenishes AND gets your metabolism jumping. This means a green smoothie that isn't just full of carbs (which can cause fat storage) but one that has the right balance of muscle building complete protein, vitamin-rich mango, spinach and healthy fats. This is one green smoothie that makes sense. Go get your green on!



SPINACH:

-Rich in Vitamins K, A, C, and E plus fiber and folate

MANGOS:

-A potent source of Vitamins A, B6, E and anti-aging antioxidants

PROTEIN POWDER:

-Protein helps to balance the carbohydrates, stabilize blood sugar and build lean muscle mass for a healthier metabolism.

CASHEW BUTTER:

-High in unsaturated fats and minerals iron and magnesium

LIME:

-Contains Vitamin C and compounds with antioxidant, anti-cancer and antibiotic properties

GINGER:

-Has anti-inflammatory and antioxidant properties

Makes 2 servings

Ingredients:

All of the flesh from a ripe and juicy mango or 1 and 1/2 cups frozen mango

1 and 1/2 cups unsweetened light coconut milk or almond milk

2 servings high quality vanilla protein powder (My favorite is Power Crunch Proto Whey Vanilla Creme)

2 handfuls baby spinach leaves or kale

2 tablespoons all natural cashew butter

Juice from one lime

1/4 to 1/2 teaspoon chopped fresh ginger

Ice (if not using frozen mango)

Combine all ingredients in a blender until smooth and creamy. Pour smoothie into two glasses or jars and drink up.

What's the Balance?

This recipe has a great balance of all-natural carbohydrates, heart healthy fats and complete protein to stabilize your blood sugar and help you to burn fat, boost your metabolism and feel amazing.