

Mango Smoothie

Ingredients

- 1 cup Epigamia Greek Yogurt: Natural, Vanilla Bean or Alphonso Mango flavor
- 1 ½ cups ice cubes
- 1 banana
- 1 mango (about 1 cup chopped)
- 1 teaspoon vanilla
- 1 tablespoon ground flaxseed
- 1 teaspoon chia seeds

Preparation

1. Add all ingredients in a blender and process until smooth
2. Add water to lighten consistency, if desired.