

Energizing Vegan Mango-Banana-Chia Smoothie

This is my go-to breakfast when I need a lot of energy and endurance! Depending how much energy you need, you can add more bananas and mangoes. You can also put an extra 1/2 cup romaine lettuce (or spinach) into the smoothie without changing the taste. If you really like chia seeds (like I do!), you can add an extra tablespoon. I often drink this after eating 1 ounce sunflower seeds or nuts just to complete the meal. Feel free to add or modify anything you please. Delicious and nutritious.

Recipe by [Adam Fleury](#) | Created on **Mar 10, 2022**

Ingredients

- 1 mango, chopped, or more to taste
- 1 banana, sliced, or more to taste
- ¾ cup cold water, or as needed
- ½ cup chopped romaine lettuce
- 2 ice cubes
- 1 teaspoon flax seeds
- 1 tablespoon chia seeds

Directions

- Blend mango, banana, water, lettuce, ice, and flax seeds together in a blender until smooth, about 2 minutes. Add chia seeds to mango mixture and stir. Let sit until smoothie thickens slightly, about 2 minutes.

Nutrition Facts

Serving: **1 smoothie** | Calories: **265.4 kcal** | Carbohydrates: **57.8 g** | Protein: **4.3 g** | Saturated fat: **0.6 g** | Sodium: **15.6 mg** | Fiber: **10.3 g** | Sugar: **37 g**

Categories

Breakfast and Brunch Recipes

Drinks