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## Mango Pineapple Greens Smoothie

*Courtesy of PharmaFreak*

### **Ingredients:**

- 1 scoop PharmaFreak Greens Freak + Mango Pineapple flavor
- 1 cup (250 ml) unsweetened almond milk
- 1 frozen banana
- 1 cup (125 ml) chopped frozen mango
- 1 scoop vanilla or banana flavored protein powder (optional)
- 1 handful ice cubes
- 4-8 oz. water (to desired thickness)
- 1-2 tsp chia seeds

### **Directions:**

1. In a blender layer banana, mango, and ice.
2. Add the almond milk, water, Greens Freak +, and protein powder (if using).
3. Once blended, sprinkle with chia seeds and enjoy!