

Mango-Almond Smoothie Bowl

Total: 10 min. Active: 10 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 457. Total Fat: 24g. Carbs: 46g. Protein: 22g.

Ingredients

- 1/2 cup frozen chopped mango
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup frozen sliced banana
- 1/4 cup plain unsweetened almond milk
- 5 tbsp unsalted almonds, divided
- 1/8 tsp ground allspice
- 1/4 cup raspberries
- 1/2 tsp honey

Directions

Blend mango, yogurt, banana, almond milk, 3 tablespoons almonds and allspice in a blender until very smooth.

Pour the smoothie into a bowl and top with raspberries, the remaining 2 tablespoons almonds and honey.

