



# Indigo Herbs Natural Health Guide

## Mango and Banana Smoothie



### Ingredients

- 🌿 1 small mango
- 🌿 1 frozen banana
- 🌿 ½ avocado
- 🌿 1 tbsp banana powder
- 🌿 1 tbsp cashew butter
- 🌿 ½ tbsp maca powder
- 🌿 1 cup water

### Method

For a delicious, tropical snack packed full of vitamins; blend all ingredients together with ice and pour into a tall glass or your favourite portable cup if you're on the move!