



Mango Turmeric Smoothie

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 cup celery, roughly chopped
- 2 small oranges, peeled
- 1 large frozen banana, peeled
- 1 cup frozen mango chunks
- 1-inch knob of fresh ginger, grated
- 1 teaspoon ground turmeric
- 2 teaspoons maple syrup
- 1 ½ cup milk or non-dairy alternative

DIRECTIONS

1. Place all ingredients in a blender.
2. Blend until everything is smoothy and creamy.

Nutrition Facts	
1 cup servings per container	
Serving size 1 cup (219g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	—
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 21g	—
Includes 2g Added Sugars	4%
Protein 4g	—
Vitamin D 0mcg	0%
Calcium 141mg	10%
Iron 1mg	6%
Potassium 355mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

chefs.org

@CHEFSanAntonio

