



BEC
BALDRY
WELLNESS



MANGO BOOST BOWL

SERVES 2

INGREDIENTS

- 1 large mango (skin & seed removed)
- ½ cup almond milk
- 1-2 tsp lime juice
- ½ tsp vanilla bean paste
- ¼ cup coconut yoghurt (or yoghurt of choice)
- 1 scoop vanilla protein powder of choice
- 1 Tbsp honey
- 3 Tbsp chia seeds

Topping

- shredded coconut
- fresh mango
- hemp seed

METHOD

1. Combine mango, almond milk, lime juice, vanilla bean paste, protein powder, yoghurt and honey in a blender and blend on low until smooth
2. Transfer mango mixture to a medium bowl and whisk in chia seeds. Allow to set in the fridge for 30 minutes - 1 hour
3. Remove from the fridge and serve into two separate bowls along with desired toppings. Enjoy cold!