

# Unusual Smoothie

Total: 10 min · Prep: 5 min · Cook: 5 min · 1 servings · Easy · Smoothies

Vegetarian

Gluten-Free



## INGREDIENTS

150 ml Coconut milk (drinking)

100 g Mango

1 tsp Chia seeds

20 g Blueberry

3 pc Rice cakes

## INSTRUCTIONS

- 1 Place all ingredients in a blender: coconut milk, mango, chia seeds, blueberries, and rice cakes.
- 2 Blend all ingredients until smooth.
- 3 Pour the mixture into a glass or jar.
- 4 Let it sit for 5 minutes so the chia seeds swell.

**Nutrition per serving:** 296 kcal · Protein 5.0 g · Fat 13.0 g · Carbs 47.0 g · Fiber 4.3 g