



Peace, Love and Light!

Mango, Cantaloupe & White Bean Smoothie

PRESENTED BY

peaceloveandlight.co

INGREDIENTS

- 2 cups of white beans, cooked and drained
- 4 cups of melon or cantaloupe, no skin and chopped into chunks (approximately $\frac{1}{2}$ a melon)
- 2 mangoes skinned, pitted and chopped into chunks
- $\frac{1}{2}$ cup of blueberries (optional)
- 2 tablespoons of granola (optional)
- Ice cubes
- Water (as needed)

INSTRUCTIONS

1. Using a blender, mix the 4 cups of melons or cantaloupe with the 2 mangoes to a liquid base.
2. Blend in the white beans, ice, and water. Suggested amount of water is $1 \frac{1}{2}$ cups water, but adjust according to your desired consistency.

OPTIONAL

Pour servings in a cup and sprinkle the 2 tablespoons of granola and the $\frac{1}{2}$ cup of blueberries for added flavor and texture.

