



Mango, Cantaloupe & White Bean Smoothie

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INGREDIENTS

- 2 cups of white beans, cooked and drained
- 4 cups of melon or cantaloupe, no skin and chopped into chunks (approximately 1/2 a melon)
- 2 mangoes skinned, pitted and chopped into chunks
- 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 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 1/2 cup of blueberries for added flavor and texture.

