

## Chia seed, mango and banana smoothie (vegan)

Search:

- [Drink](#)
- [Recipes](#)

## Chia seed, mango and banana smoothie (vegan)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Chia seed, mango and banana smoothie (vegan)

---



Rate this recipe

0 people are cooking this [Count me in](#)

A delicious, healthy way to kick-start the day!

### Ingredients (serves 2)

- 1 banana
- 1 cup mango pieces; fresh or frozen
- 2 tsp [chia seeds](#)
- 2½ cups homemade almond milk
- ½ cup ice cubes
- Chia seeds to serve

Blend and serve immediately.

Love smoothies? Try this [sweet pear recipe](#).

Recipe from Adele at [Veggiehead.com](#)

```
function displayNutrition(msg) { $('<div data-bbox="67 887 933 934" data-label="Text">
```

## Chia seed, mango and banana smoothie (vegan)

---

```
+ nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list');  
}); }
```