

**MANGO & CHIA SMOOTHIE**

Prep Time  
**5 Minutes**



Cook Time  
**5 Minutes**



Serves  
**1-2**

**NOTE:** To serve more people just increase as needed!

### Ingredients

1/2 Bowl of Mango  
1x Heaping Tablespoon of RESTORE Chia  
1/2 Glass of Water

### RESTORE™ Tip

We hope you enjoyed this SUPER nutritious, SUPER delicious drink. Cheers to your health!

### Instructions

- 1) Place all ingredients into a blender.
- 2) Blend for 10 – 15 seconds.
- 3) Pour into a glass.
- 4) Enjoy!