

Chia seed, mango and banana smoothie (vegan)

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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="67 886 933 934" data-label="Text">
```

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