

Amazing Pom-Mango Smoothie with Optional Protein Boost

Recently, I had the opportunity to taste test some "superfoods." And though I am not yet on the Goji bandwagon, I have to admit that I am falling quickly in love with a few wonderful superfood companies. First up was Amazing Grass. The smoothie recipe below doesn't need that scoop of Berry Amazing Grass to be delicious, but if given the choice, I would always include it. It adds a wonderful flavor that puts the sweetness over the top and some good greens to boot.

Second up was POM Wonderful. Those attractive hourglass shaped bottles of 100% pomegranate juice offer a sweet-tart punch that I enjoyed as is, but that I positively loved in smoothies. Those who would choose apple juice over cranberry juice should probably look elsewhere, as this isn't a super-sweet beverage. But if you like a little contrast, it is definitely worth a try. I keep meaning to try it in recipes, there are so many sweet and savory concoctions swirling around in my head, but, I just can't seem to stop making these smoothies ...

Amazing Pom-Mango Smoothie

This smoothie has a delightful combination of sweet and tangy to wake up your taste buds. It is my latest addiction. The picture shown here is pre-Amazing Grass. I love this smoothie so much more with the Amazing Grass, but the brown-ish-green color wasn't exactly picture-worthy. Ignore the color, love the flavor.

½ Cup Unsweetened Vanilla Almond Milk
½ Cup Pomegranate Juice (I used POM wonderful)
12 Frozen Mango Chunks
1 Scoop Amazing Grass Berry SuperFood
2 T Protein Powder of choice (optional)
Sweetener (optional - I don't use)
4 Large Chunks of Ice (optional)

Combine everything but the ice in your blender, and whiz until smooth. If you would like it thicker and/or frostier, add the ice (pulsing at first) and blend until smooth.

Almond Smoothie Option: For more of a meal, add 1 Tablespoon of Almond Butter, and sprinkle with a few sliced almonds if desired.

Yields 1 big and delicious serving