

# Matcha Mango Green Smoothie



Photo: bematcha.com

## Ingredients

- 3/4 cup low fat milk
- 1 cup chopped mango, fresh or frozen
- 1 cup spinach leaves
- 1/4 cup vanilla whey protein isolate
- 1-1/2 tsp. matcha powder

## Prep Time

5 minutes

## Servings

1 - 16oz. smoothie

## Difficulty



## Nutrition

Per 16 oz. serving

283 calories

39 g. carbohydrates

24 g. protein

4 g. fat

4 g. fiber

Vegetarian, GF

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## Directions

Combine all ingredients in a blender and blend until completely smooth.

## Notes

Matcha is a vivid green tea powder made from specially grown and processed Japanese green tea leaves. This powder has a distinct, earthy flavor and can be used in many preparations from traditional tea to baked goods. When you enjoy matcha, you are consuming the whole tea leaf versus just steeping tea leaves in water, which happens with common tea preparation. Eating the whole tea leaf means you get more antioxidants and a greater caffeine boost from your tea.

Matcha and spinach give this smoothie a bright green color and an extra dose of beneficial plant compounds, known as phytochemicals, to help with recovery after exercise and support good overall health. This smoothie also provides a great dose of vitamin C from the sweet mango, while the high-quality dairy protein from the milk helps with muscle growth and repair.