

# Sweet Potato & Mango Bone Broth Smoothie

8 ingredients · 30 minutes · 2 servings



## Directions

1. Steam the sweet potato for 12 to 15 minutes until tender. Transfer to a plate to cool down.
2. Add the sweet potato and the remaining ingredients to a blender. Blend until very smooth. Divide into glasses and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Consistency

If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

## Ingredients

- 1 Sweet Potato (medium, peeled, cubed)
- 83 grams Frozen Mango
- 375 milliliters Bone Broth (cold)
- 240 milliliters Plain Coconut Milk (from the carton)
- 2 grams Ginger (fresh, grated)
- 3 grams Turmeric
- 3 grams Cinnamon
- 5 milliliters Vanilla Extract

## Nutrition

Amount per serving

<b>Calories</b>	231	Vitamin D	50IU
<b>Fat</b>	8g	Vitamin E	1mg
<b>Carbs</b>	28g	Vitamin K	4µg
Fiber	4g	Thiamine	0.1mg
Sugar	13g	Riboflavin	0.1mg
<b>Protein</b>	9g	Niacin	1mg
Cholesterol	28mg	Vitamin B6	0.2mg
Sodium	364mg	Folate	25µg
Potassium	353mg	Vitamin B12	1.5µg
Vitamin A	10514IU	Phosphorous	42mg
Vitamin C	21mg	Magnesium	25mg
Calcium	297mg	Zinc	0mg

Iron

2mg

Selenium

1µg