



Fil d'OR



MANGO CHIASEED **DETOX**

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DETOX

- 2 cups Fil DOR Banana puree
- 2 cups Fil DOR Mango puree
- 2 table spoon chia seeds
- 1 ½ cup unsweetened almond milk

Why it works: The chia seeds in this smoothie are chock full of fibre, which will keep you feeling fuller longer. Two tablespoons have almost 10gr of fibre, which is almost half of your recommended daily intake. Mangos are also a great fruit that is low in carbs and fat , according to NOTV Food. That said, a little mango goes a long way, so stick to the serving size to avoid having too much sugar in your drink

Other super fruits !

Coconut : Coconut is my go-to for smoothies. Low in calories and carbohydrates, and almost completely fat free, coconut pairs well with most fruits and veggies. It's also a natural energy fruit that's rich in electrolytes that keep you hydrated

Pineapple: Bromelain, the protein-digesting enzyme in pineapple, bolsters the power of its vitamin C content to help clear respiratory congestion, suppress coughs, loosen mucus, flush out toxins, reduce swelling and bloating, and stimulate circulation for a deep-dive detox. Use pineapple fresh or frozen

Calamansi: Low in sugar and full of nutrients, calamansis are detox divas. Calamansi are amped up with antioxidant vitamin C, antibiotic phytonutrients, and B vitamins. The citric acid aids digestion while ascorbic acid fights free radicals

