



Epic Mango

PRE-WORK OUT SMOOTHIE

- 5 Epic Mango Cubes
- 5 Skinny Peach
- 1 Cup Unsweetened Vanilla Coconut Milk or Coconut Water
- Let Sit in Mason Jar for 15 Minutes -1 Hour
- Shake and Drink!

ACAI MANGO SMOOTHIE BOWL

- 7 Acai Maqui Cubes
- 7 Epic Mango Cubes
- 5 -6 oz. of Plant Based Milk
- Blend for 20-30 Seconds
- Scoop into Bowl and Top with Live Pure Granola, Sliced 1/2 Banana, Peanut Butter & Honey Drizzle.

EPIC MANGO PARFAIT

- 10 Epic Mango Cubes Blended With 1/2 Cup of Coconut Milk
- Spoon Half of Cube Mixture into your Mason Jar
- Put a Layer of Yogurt of Choice, Granola & Berries
- Spoon Other Half of Cube Mixture on Top
- Top with Shaved Coconut & Fresh Berries

EPIC MANGO REFRESHER

- 10 Epic Mango Cubes
- 1 Cup Coconut Water OR 1/2 Cup Coconut Water & 1/2 Cup Cold Pressed Juice for Sweeter Side
- Blend for 10-15 Seconds

SUPERFOOD MANGO GELATO

- 20 Epic Mango Cubes
- 1/2 Cup of Full Fat Coconut Milk
- Blend About 25 Seconds Until Super Thick (Will Need A Blender with Tamper or High Powered Blender for This)
- Top with Shaved Coconut & Fresh Berries

SKINNY EPIC MANGO COCKTAIL

- 2-3 Epic Mango Cubes Blended with 1.5oz of Alcohol of Choice
- Pour into Glass with Ice
- Add Sparkling Water to Top of Glass
- Squeeze Half a Lime
- Stir and Enjoy!