



MANGO TANGO SMOOTHIE BOWL

THANK YOU HOUSE FOODS FOR SPONSORING THIS POST AND KEEPING IT FREE FOR MY READERS. MY LOVE OF HOUSE FOODS TOFU, AND ALL OPINIONS ARE MY OWN. #HOUSEFOODS #EATTOFU

Flavor, texture, and nutrients. You no longer have to drink your smoothie, you can eat it with this flavorful, beautiful, and nutrition packed mango tango smoothie bowl.

Mango Tango SMOOTHIE BOWL

www.eazypeazymealz.com



<http://www.eazypeazymealz.com/mango-tango-smoothie-bowl/>

So I am sitting in the airport, minding my own business, writing blog posts when I hear my name being called over the loud speaker. Of course, I immediately get a little adrenaline rush, and wonder what I did wrong. Haha, what the heck? Why do I jump to being in trouble?

Probably too many rebel years, I now have a guilty conscious. But want to know what is guilt free? This totally indulgent smoothie bowl. You probably already know how much I love smoothies. But sometimes I want to actually "eat" breakfast, not just drink it. This is my solution.



This smoothie bowl has flavor, health, and crunch! So I am a happy camper when I eat it. It is packed full of nutrients so I can feel good about letting my kids in on the smoothie bowl action. It tastes like liquid heaven. And of course, it gives me the protein I need for a great day.

In case you were wondering, I wasn't in trouble. They just wanted to make sure I was comfortable pushing a 40 lb door open in case of an emergency. Yes, yes I am! Especially when it means a little extra leg room for a flight!



Let's get back to this smoothie bowl. First of all, the flavor from the mango is sublime. Makes me think I am on vacation (clearly I am in a travel mode with this post). But it is also so good for me!

I get the protein for this smoothie bowl with tofu! Learn all about that on Tofupedia. I never would have thought I would be a tofu eater. However, now it is one of my preferred methods for increasing protein intake because it makes my smoothies thick and creamy, without any added flavors. Which is so nice as most protein powders come with a distinctive taste. I love it in all smoothies, like this Dirty Monkey, and even use it as a soup thickener from time to time, like I did with this Potato Soup. But it is perfect for a smoothie bowl because it makes it a little thicker, and therefore ideal for eating with a spoon. I use House Foods tofu, which comes in several varieties including soft, firm, extra firm, etc. For this one I used a soft tofu. It is my favorite as House foods not only promotes healthy living but environmental responsibility. They rock and so do their products.

In addition to the protein, I have fresh cut fruit, and crunchy granola. As well as a sprinkling of fiber rich, and absolutely nutritious chia seeds! You all know how I love chia, and how awesome that is for you, but in case you need a reminder, I talk about it in this Pina Colada Chia Seed Pudding recipe and I will be sharing a 5 minute raw Strawberry Chia jam soon.

Basically this breakfast packs a powerful nutritional punch without tasting like it is cardboard or super healthy. And with all the fresh fruits at summer time, it is a nice way to feed my family in fun and tasty ways. Plus it is so easy to make because you basically put everything in a food processor or blender and pulse. Then top with your favorite fruits, and extras, and you are good to go.



MANGO TANGO SMOOTHIE BOWL

PREP TIME
10 mins

TOTAL TIME
10 mins

Serves: 4

INGREDIENTS

2 ripe mangos, cut off core and skinned
16 ounces frozen fruit mix
7 ounces House Foods soft Tofu
½ cup Orange Juice

Toppings

Fresh sliced banana
Fresh sliced strawberries
Fresh sliced pineapple
Fresh sliced mango
Fresh blueberries and raspberries
1 tsp chia seed
¼ cup granola

Mango Tango
SMOOTHIE BOWL
www.eazypeazymealz.com



 PRINT

INSTRUCTIONS

1. Put the smoothie ingredients in a food processor and process for 1-2 minutes until smooth, it will be thicker than a traditional smoothie consistency
2. Pour into 4 bowls
3. Top with fresh fruits, sprinkle on some chia seed, and granola
4. Enjoy!

I hope you enjoy it as much as we did. And don't forget to take a look at the complete line of tofu products, including the tofu shiritaki noodles used in this creamy avocado fettuccine, at HouseFoods.com.