

Feel-Good Recipe: Strawberry Mango Sea Moss Smoothie




When you need a sweet mood reset, blend up this brain-loving, belly-soothing beauty. It's hydrating, energizing, and packed with nutrients that *nourish the nervous system*.

Ingredients:

- 1 cup frozen mango chunks
- ½ cup frozen strawberries
- 1 tablespoon sea moss gel (start small if new to it)
- 1 cup unsweetened coconut water or plant milk
- 1 scoop of clean protein powder (optional, but boss-level)
- ½ teaspoon cinnamon (balances blood sugar + adds warmth)
- A splash of lime juice (for brightness and digestion)
- Ice cubes (if you like it frosty)

Directions:

1. Add everything to a blender and blend until creamy and smooth.
2. Taste and adjust sweetness or thickness as desired.
3. Pour it into your favorite glass, sip slowly, and *feel that glow flow*.

 **Pro Tip:** Add a pinch of ginger or turmeric for an anti-inflammatory kick, or a handful of spinach if you're feeling green goddess energy.

This smoothie hits all three pillars: **nutrition, hydration, and mood support**—with sea moss giving your body over 90 essential minerals to thrive.