

ginger mint garden smoothie

Makes 2 servings

PREP TIME: 5 minutes

1 cup milk of choice
2 inches ginger root
fresh mint
2 cups raw leafy greens or 1 cup frozen spinach
½ English cucumber
½-1 block silken tofu
1-2 kiwis with skin (preferably chopped & frozen)
1 cup frozen mango cubes or honeydew melon
hemp seeds (optional)
up to 2 tsp honey (optional)

NOTES

Fat is beneficial to help you absorb some of the nutrients in the produce, so opt for a milk that contains fat (e.g., nut-based milk or full-fat dairy), especially if you are not adding the hemp seeds. As an alternative, you can use water as your liquid and add avocado for creaminess and healthy fats. If you are trying to cut down on added sugar, make sure your fruit is ripe and omit the honey.

ADD milk, ginger and mint to blender and blend on high for 1 minute.

ADD the remaining ingredients and blend until smooth. Use extra water as needed until desired consistency is reached.

