

Mango Ginger Kale Green Smoothie

Yield: 8 servings

Ingredients

4 cups ice
8 cups fresh kale
4 cups mango, frozen, cubed
4 cups peaches, frozen, cubed
4 tablespoons fresh ginger, minced
6 lemons, juiced
8 cups water, bottled or filtered
4 tablespoons maple syrup, optional or as needed depending on sweetness of fruit

Instructions

1. Add ice to the blender first and crush.
2. Then add kale, mango, peaches, ginger, lemon juice and 1 cup water. The amount of water will depend on the thickness of the frozen ingredients.
3. Blend until smooth, only adding water a little at a time as needed.
4. Once well blended, taste and adjust seasonings as needed. If too tart, add more fruit or a little maple syrup.



Presented by
Culinary Medicine

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X22567 FY19.11.70.A-13 (with punch) © Spectrum Health 03.2019

Nutrition Information **Serving Size: 8 oz glass**

Calories: 134 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 20 mg
Total Carbohydrate: 34 g | Dietary Fiber: 5 g | Sugars: 26 g | Protein: 3 g

Recipe by Dana Schultz at minimalistbaker.com. Nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.

