

Tropical Lemon-Ginger Smoothie

By Katie Mae, PlantzSt.com

Makes 12 oz | Ready in 2 minutes | Stores 1 week in fridge

INGREDIENTS

½ cup water or coconut water

½–1 inch of fresh ginger*

1½ cups pineapple and/or mango (fresh or frozen)

3 cups of leafy greens (romaine, mixed greens, spinach, etc.)*

3 tablespoons lemon juice

ACTION STEPS

1. Add all ingredients to a blender. Blend until smooth.

CHEF'S NOTES

The ginger should be peeled if you're not using a high-powered blender. Feel free to adjust the amount of lemon and ginger to please your taste buds. They're very cleansing foods, so the more you can handle, the better.

Arugula is one of my favorite greens to add to smoothies, but if you're going to try it, know that arugula is a spicy green. You may want to add a little more fruit to balance it out.

If you want to add a little fat to your smoothie for extra calories, I recommend coconut or macadamia nuts.