

mango basil smoothie



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- 1 cup frozen mango
- 1 frozen banana
- 1/2 inch fresh ginger, peeled
- 3 to 4 large leaves fresh basil
- 1 handful organic spinach
- 1 teaspoon organic honey
- 1 to 1 1/2 cups coconut milk

Place all ingredients into a high speed blender and blend until smooth. Enjoy!



Evergreen

NATURAL HEALTH CLINIC

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