

Mango Kale Ginger Smoothie

Yield: 2 servings

Ingredients:

- 1 cup kefir, plain or fruit flavor of choice
- 1 cup water
- 1 cup baby kale
- 2 cups frozen mango
- 1 teaspoon fresh, minced ginger
- 2 Tablespoons honey
- 1/8 teaspoon salt
- 1 lemon, peeled

Directions:

1. Add kefir, water, baby kale, mango, ginger, honey, salt, and lemon to blender.
2. Blend all ingredients until smooth.
3. **Optional:** Add additional water to make the smoothie to the consistency of your liking.