



### Ingredients

- 1 cup frozen mango chunks
- 1/2 cup frozen peach slices
- 2 cups kale (stems removed)
- 1-2 cups almond milk
- 1/4 Avocado
- 4 pieces [Verdant Kitchen® Lemon & Mint Dusted Baby Ginger](#)
- A drizzle of [Verdant Kitchen® Ginger Infused Honey](#) to taste
- A squeeze of lemon juice

# Green Smoothie with Mango & Lemon and Mint Dusted Baby Ginger

Prep time: 5 minutes  
Cook time: 0 minutes  
Total time: 5 minutes  
Serves 1 glass

### INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth
2. Serve in a glass tumbler

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