

MORTON & BASSETT SPICES®

Cardamom Superfood Smoothie



- 1 banana
- Half a fresh mango or 1 cup frozen
- 2 cups of kale or spinach
- 4 Morton & Bassett Cardamom Pods
- 2 cups coconut milk
- 1 cup of ice

Place everything into a blender and blend until well combined.



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