

TROPICAL "BOOSTER" SMOOTHIE



PREP TIME

10 Minutes



COOK TIME

N/A



SERVES

4 TO 6



Ingredients

- 1 cup roughly chopped spinach and kale
- 1 1/2 cups almond or other non-milk beverage
- 1 1/2 cups frozen mixed tropical fruit, pineapple, mango and kiwi chunks
- 1/2 tsp freshly grated ginger
- 1/2 lemon, juiced
- 1 tbsp [Organic Fair Turmeric Lemongrass Syrup](#) OR 1/4 tsp [ground turmeric](#)
- 1 tsp [Backyard Honey Company Honey](#), like [Bee Boost honey](#)

Steps to Make

1. In a blender, combine spinach/kale and almond milk. Blend well until smooth.
2. Add the frozen fruit, ginger, lemon juice, Turmeric syrup or powder and honey. Continue to blend until completely smooth. If the smoothie is too thick, add a little more almond milk if desired.

Smoothie Health Benefits

- Kale and spinach contain mega doses of vitamin C plus they provide a powerful antioxidant punch of calcium, folate and fibre to help boost immunity and sometimes even fight off infection.
- Mango, pineapple and kiwi are packed with vitamin C and help give this smoothie a sweet slurp. Mango has been shown to protect against cancer. A squeeze of purifying lemon juice just brightens everything up.
- To ward off even more cold bugs, we add some fresh ginger. Not only does it help with nausea, but it's proven to help with pain and inflammation - all the extras that come with the cold.