

Ginger Mango Berry Smoothie

This smoothie is rich in immune-boosting nutrients that make your body happy AND packed with flavors that bring joy to your tastebuds.

It's perfect for any day of the year!

Total Time: 5 minutes

Servings: 1



INGREDIENTS

Smoothie

- 1 cup frozen chopped Mango
- $\frac{3}{4}$ cup frozen Raspberries and/or Strawberries
- $\frac{1}{2}$ -1 cup unsweetened Almond Milk (or Coconut Milk)
- $\frac{1}{2}$ medium Lime, juiced
- 1 tbsp freshly grated Ginger
- $\frac{1}{2}$ tsp unsweetened shredded coconut
- $\frac{1}{2}$ tsp cinnamon
- 1 serving Ionic-Fizz™ Magnesium Plus™

Toppings (optional)

- Non-fat Vanilla Greek Yogurt
- Berries
- Unsweetened shredded coconut
- Chia seeds

INSTRUCTIONS

1. In a blender add the mango, berries, almond or coconut milk (starting with the lesser amount), lime, ginger, shredded coconut, cinnamon, and Ionic-Fizz™ Magnesium Plus™.
2. Blend on high until creamy and smooth, scraping down sides as needed. If it has trouble blending, add more almond or coconut milk.
3. Serve as is or layer with Greek yogurt and top with desired toppings.
4. Enjoy fresh or refrigerate leftovers for 3 days. Smoothie may be stored in the freezer (as a smoothie or Popsicles) for up to 1 month.