

INGREDIENTS

- 1 cup Milk of Choice
- ½ cup Frozen or Fresh Pineapple
- ½ cup Frozen or Fresh Mangos
- 1 Banana
- ½ Lemon
- ½ tsp Ginger

DIRECTIONS

1. Chop up fresh mango, banana and pineapple and place in blender.
2. Slice lemon and squeeze juice into blender.
3. Add milk and ground ginger to blender.
4. Mix until smooth or desired texture.



Tropical Spring Smoothie

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
1 Servings

Prep Time:
10 Min

Cook Time:
5 Min