

Ginger Smoothies Two Ways

Banana-Ginger Smoothie

Serves 2

1 frozen banana
1 Tablespoon (or large chunk) ginger root
4 ice cubes
1 Cup coconut water

Blend and serve!

Mango-Ginger Smoothie

Serves 2

1 Mango
1 chunk of ginger root
4-6 ice cubes
1 Cup Coconut water

Blend and serve!