green glow smoothie



featured product:
baby kale

sweet mango and pineapple blend with leafy, nutrient-packed greens and fresh ginger for a vibrant smoothie that's giving tropical getaway vibes.

mix up this green drink for a quick, easy breakfast or post-workout boost.

ingredients

2 handfuls **organicgirl baby kale**
½ cup frozen pineapple
½ cup frozen mango
1 inch piece fresh ginger
1 cup coconut water
¼ cup hemp seeds

directions

1. add the baby kale, frozen pineapple, frozen mango, fresh ginger, coconut water, and hemp seeds to a high-speed blender.

2. blend until completely smooth and creamy. if needed, add a splash more coconut water to reach your desired consistency.

3. pour into a glass and enjoy immediately.