happy gut smoothie



featured product:
SUPERGREENS!

as refreshing as it is nutritious, this non-dairy, gut-health smoothie is packed with SUPERGREENS! to give you a super start to the day.

ingredients

1 handful **organicgirl SUPERGREENS!**
1 banana
1 ½ cups frozen pineapple
? cup frozen mango
1 tablespoon hemp seeds
2 tablespoons coconut yogurt, plus extra to decorate the glass
1 ½ inch piece of ginger
1 cup coconut water

directions

1. chop fruit if necessary, then add all ingredients to a blender.
2. blend until smooth and creamy.
3. for extra flair, decorate your glass with a swirl of coconut yogurt before pouring in the smoothie.