



## 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.