

Fresh Lemon Ginger Detoxifying Smoothie Tastes like Lemon meringue pie!

From Christal Szebel

<https://nutritioninthekitch.com/fresh-lemon-ginger-detox-smoothie/>

Ingredients:

½ cup frozen peaches

½ cup frozen pineapple

½ cup frozen mango

Juice of 1 whole large lemon

¾ cup unsweetened coconut milk (carton, not canned)

1 Tablespoon freshly grated ginger

½ Tablespoon raw honey

2 Tablespoons Vanilla plant-based protein powder of choice

1 Tablespoon chia seeds (optional)

Instructions:

1. Add all ingredients to a high-speed blender and blend for 1 minute until completely smooth, adding more liquid if would like a thinner smoothie. Less liquid for a thicker smoothie with a yogurt consistency. (Chia seeds add fiber).

2. Enjoy immediately.

