

GINSENG GINGER TURMERIC POWER SMOOTHIE

Drinks & Teas

A delicious power start that will boost your energy levels all day.

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 cup chopped fresh kale
- 1 cup chopped fresh pineapple (frozen)
- ½ cup chopped mango (frozen)
- 1 tablespoon lemon juice
- 2 teaspoons Wisconsin Ginseng powder
- ½ tablespoon fresh grated ginger
- ½ teaspoon ground turmeric
- pinch of ground black pepper
- ¾ cup ice

DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth.
2. Serve immediately.