

# Let's Eat: Green Smoothie

Makes 1 servings



In a blender add ice cubes, mango, sliced cucumber and greens.

Pour in milk, lemon juice, and add ginger and flaxseed.

Blend until well combined.

Enjoy!

## INGREDIENTS

- 1/2 cup fresh or frozen mango
- 1/2 cucumber, sliced
- 1/2 cup raw greens, chopped
- 1 tbsp ground flaxseed
- 1 cup dairy alternative milk
- 1 tsp ginger
- 1/2 lemon, juiced
- 3-4 ice cubes

## Nutrition Facts Per Serving

(1 smoothie)  
Calories 142  
Carbohydrates 17 g  
Protein 4 g  
Total Fat 6 g  
Phosphorus 156 mg  
Potassium 450 mg  
Sodium 157 mg