

Lemon Ginger Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Make it Vegan

Omit the collagen and/or use protein powder instead. Use maple syrup or another liquid sweetener instead of honey.

No Frozen Mango

Use frozen peaches or frozen pineapple instead.

Lemon Juice

One lemon yields three to four tablespoons of lemon juice.

Ingredients

- 1 cup Frozen Mango
- 1/2 cup Canned Coconut Milk
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 1 1/2 tsps Honey
- 1 Lemon (juiced and zested)
- 1/3 oz Collagen Powder

Nutrition

Amount per serving

| | | | |
|-------------|-------|-------------|--------|
| Calories | 388 | Vitamin A | 1788IU |
| Fat | 22g | Vitamin C | 79mg |
| Carbs | 40g | Calcium | 32mg |
| Fiber | 3g | Iron | 0mg |
| Sugar | 33g | Vitamin D | 0IU |
| Protein | 12g | Vitamin B12 | 0µg |
| Cholesterol | 0mg | Magnesium | 23mg |
| Sodium | 52mg | Zinc | 0mg |
| Potassium | 523mg | Selenium | 5µg |