



@KICKCRAMPSASS

# GINGER BERRY DETOX SMOOTHIE

SERVES 1: 20 OZ

## INGREDIENTS

- 1 CUP GREENS (COLLARD, KALE OR MIXED)
- 1/2 CUP MANGOES
- 1/2 CUP RASPBERRIES
- 1/2 CUP NON-DAIRY MILK (HEMP, OAT OR WALNUT)
- 1/2 CUP ORANGE JUICE, FRESH SQUEEZED
- 1 TABLESPOON HEMP SEEDS
- 1/2 KEY LIME, SQUEEZED
- 1/2 OZ DATES
- 1 OZ GINGER, FRESH (SMALL CHUNK)
- 1 OZ TURMERIC, FRESH (SMALL CHUNK)
- 1 TSP CINNAMON
- 1/2 TSP VANILLA
- 1-2 TBSP OF SEA MOSS (OPTIONAL)

## PROCEDURE

**01** COMBINE ALL OF YOUR INGREDIENTS IN THE BLENDER AND BLEND UNTIL SMOOTH.

**02** TOP THE SMOOTHIE WITH THE A DOLLOP OF COCONUT CREAM FOR A GARNISH. (OPTIONAL)

**03** ENJOY!

## NUTRITION FACTS

- CALORIES: 593
- TOTAL FAT: 34.9G
- SATURATED FAT: 26.4G
- SODIUM: 62MG
- POTASSIUM: 1848MG
- TOTAL CARBOHYDRATES: 104.2G
- DIETARY FIBER: 17.4G
- SUGARS: 63.4G (NO ADDED SUGAR)
- PROTEIN: 11.5G
- VITAMIN A: 893.4G
- VITAMIN B12: 0
- VITAMIN D: 0
- VITAMIN C: 80.9G
- CALCIUM: 155G
- IRON: 20.2MG