

Lemon Ginger Smoothie

Yield: 3 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-ginger-recipe>

Ingredients:

- 1/2 red bell pepper
- 1/4 cucumber
- 1/4 fuji pink lady, or honey crisp apple with peel or no?
- 1 stick celery
- 1 leaf rainbow chard
- 1/2 cup spinach
- 1/2 lemon
- 2 inches ginger chunk fresh peeled, peel it with a spoon!
- 1/2 chunk fresh turmeric also peel with a spoon!, 1/2 tsp ground turmeric works as well
- 1 teaspoon ground cinnamon
- 1 tablespoon hemp heart
- 1 cup coconut milk unsweetened
- 1/2 cup blueberry frozen
- 1/2 cup frozen mango
- 1/2 cup strawberry frozen
- 1/2 cup ice

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Fat: 19 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 17 grams
7. Sodium: 55 milligrams
8. Sugar: 14 grams

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