

# Morning Detox Smoothie

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mango-smoothie-recipe>

## Ingredients:

- 2 cups raspberries organic
- 1 cup mango chopped
- 1 cup orange juice freshly squeezed
- 1 cup kale
- 3 inches ginger root
- 1 lemon squeezed for juice
- 1 cup coconut water young thai

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 29 grams
3. Fat: 1 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. Sodium: 70 milligrams
7. Sugar: 16 grams

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