

Mango Ginger Immune Support

*from simplegreensmoothies.com

Enjoy this immune boosting mango ginger green smoothie chock full of green vegetables and low in sugar. Did you know that ginger clears sinuses and soothes a sensitive stomach? *Serves 2*

Ingredients

- 1 cup celery
- 1 cup parsley, fresh
- 2 cups water
- 1 cucumber, peeled
- 1 inch ginger, fresh
- 3 cups mango
- 1 lemon, peeled

Directions

1. Blend celery, parsley, and water until smooth.
2. Add the remaining ingredients and blend again.

