

MANGO SMOOTHIE WITH TURMERIC, GREEN TEA, GINGER

Yield: 6 Portions

Ingredients	Amounts
Ripe mango,* peeled, diced	2 ea. (or 3 cups)
Turmeric	1 tsp.
Ginger, minced	1 Tbsp.
Brewed green tea (or water)	1 cup
Ice (cubed)	1 cup
 <i>Garnish</i>	
Chia seeds	¼ cup
Activated charcoal	1 tsp.
Matcha powder	1 Tbsp.

*Recommended mango ripeness stage 4 to 5

Method

1. Soak chia seeds in water overnight in the refrigerator.
2. Place all smoothie ingredients in a blender and blend until completely smooth.
3. Mix in soaked chia seeds until incorporated.
4. Garnish with options of matcha powder and/or activated charcoal.