

## Ginger Mango Spinach Smoothie

### Instructions

1. Add the mango, banana, spinach, yogurt, ginger, and 1/2 cup of coconut milk to a blender. Blend until smooth.
2. Add more coconut milk if needed until desired consistency is achieved.

### Ingredients

- 1 cup frozen, chopped mango
- 1 ripe banana
- 1/2 cup fresh baby spinach
- 1/2 cup Greek yogurt
- 1 teaspoon freshly grated ginger
- 1/2 to 3/4 cup vanilla coconut milk (from a box or carton, not a can), or milk of your choice

### Grocery List

- Frozen mango
- Banana
- Baby spinach
- Greek yogurt
- Ginger root
- Vanilla coconut milk, or other milk of your choice

Source: <https://www.alaskafromscratch.com/2014/03/10/ginger-mango-spinach-smoothie/>