

lime mango smoothie

ingredients

4 C frozen mango
thawed for 25 min.
2 T lime juice
1 unfrozen banana
1 collard leaf
¼ C water
1-3 drops lime essential
oil (optional)

directions

Combine all ingredients in a blender and blend until smooth.
Serve right away with a wedge of lime, or put it into the freezer
for later scooping of “Lime Sorbet.”



a gentler and *happier* approach to health