



Aloe Vera, Ginger and Orange Smoothie

Yield: 1

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS 1 Smoothie
Mango, chopped	1 cup	Calories 210 Fat 1g Saturated Fat 0.2g Cholesterol 0mg Sodium 10mg Carbohydrate 50g Fiber 4g Sugars 42g Protein 2g
Aloe Vera, unsweetened	¼ cup	
Ice Cubes	½ cup	
Orange Juice	1/3 cup	
SupHerb Farms Fresh Frozen Ginger Purée	½ ounce	
Lemon Juice	2 tbsp	
Honey	½ ounce	
		DIETARY STATEMENTS

PREPARATION

1. Place all ingredients in blender; blend well.
2. Pour into a glass and enjoy!