



Poblano pepper, mango, cilantro, lime and avocado whirl together for a creamy, savory smoothie with a touch of sweetness.

Fiesta Smoothie

Yield: 1 serving

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per 1 serving)
Frozen mango chunks	1 cup	Calories 360 Fat 14g Saturated Fat 2g Cholesterol 0mg Sodium 20mg Carbohydrate 61g Fiber 10g Sugars 41g Protein 4g
SupHerb Farms Fresh Frozen Kale	1/2 cup	
Pineapple juice	3/4 cup	
Lime juice	2 tbsp	
SupHerb Farms Fresh Frozen Poblano Chile	1 tbsp	
SupHerb Farms Fresh Frozen Ginger Purée	1/2 tsp	DIETARY STATEMENTS
SupHerb Farms Fresh Frozen Cilantro	2 tsp	Egg Free Nut Free Dairy Free Gluten Free Vegan Vegetarian
Avocado	1/2	
Lime wedge	1	
One 1/4-inch Slice fresh ginger		

PREPARATION

1. Combine mango, SupHerb Farms Kale, pineapple juice, lime juice, SupHerb Farms Poblano Chile, SupHerb Farms Ginger Purée, SupHerb Farms Cilantro, 1/2 cup water and avocado in high-power blender. Purée until smooth.

TO SERVE

Pour into tall glass. Garnish with lime wedge and ginger slice. Serve immediately.