

Tropical Smoothie for Detox

This was my first adventure into "green" smoothies. Tastes good and does what it is supposed to do.

Serves: 2
Difficulty: Super Easy – Only need a blender
Prep Time: 10 Minutes
Cook Time: N/A

Ingredients

2 Tbsp lucuma powder

2 tsp wheatgrass powder

2 cups frozen, chopped mango - *I keep most all my fruit chopped and in the freezer to keep from adding ice to a smoothie*

1 cup fresh squeezed orange juice - *I toss the whole orange (no peel or seeds) into the Vitamix*

1/2 cup original, unsweetened almond milk - *I freeze it in ice cube trays and just keep it in the freezer*

2 Tbsp fresh squeezed lime or lemon juice

4 Tbsp chia gel - *I keep it in the fridge*

I keep **Chia Gel** in the fridge. 1 T chia seeds to 1 C tap water. Keep in fridge for up to 2 weeks.

Directions

Throw into your blender and spin to Yum!

Total Calories Per Serving: 293; Protein: 4g; Carbs: 59g; Fat: 4g; Fiber: 10g

(these are calculated using MyFitnessPal and not exact)

I found this smoothie recipe on the Navitas Naturals site. Here is the [link to the original post](#) with full description of the benefits of this smoothie. Enjoy!

Enjoy! Share your comments and suggested twists on the recipe!!