



2 servings



10 minutes



mango pineapple mint smoothie

ingredients:

- 2 cups frozen organic mangos
- 1 cup frozen organic pineapple
- 3 cups raw milk or full-fat coconut milk
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- pinch of sea salt
- 1/4 cup mint {peppermint, spearmint, mountain mint, etc.}
- for extra sweetness, add 2 tablespoons of maple syrup or honey {optional}

instructions:

1. Combine all ingredients in a high powered blender and blend until very smooth.
2. If the smoothie is too watery, add more fruit. If it's too thick, add more milk.

the cuisine of healing

- To spice it up, add 1/4 tsp zested ginger.
- Add the juice of 1/2 a lime for an even more tropical twist.
- All mints are aromatics that help digestive issues, boost mood, improve memory and alertness, ease headaches, and calm fevers.