

Mango Banana Greens Smoothie

(Recipe by Radha Sukhani)

(Note: Good source of vitamins, minerals, and protein from nuts and spinach)

Ingredients: Makes two glasses

- Half cup ripe sweet mango or a large banana cut in small pieces or a combination of the two based on the season
- One cup of coconut water
- Half cup tender coconut meal (when available-optional)
- One cup washed spinach (if you are worried about its hygiene than quick blanch spinach for 2-3 minutes in a pan on high flame)
- Half cup mint leaves plus fresh coriander leaves
- One teaspoon honey or dark brown jaggery powder
- Himalayan pink salt or desi namak to taste
- Two cups water or more based on the thickness consistency of smoothie you desire
- One teaspoon freshly ground flaxseed powder
- One tablespoon lemon juice or juice of one lemon

Directions

- Place all ingredients in a high power blender and blend ingredients until smooth.
- Store in a glass container in the refrigerator. In hot weather can blend few ice cubes.
- Do not store for more than a few hours. Can prepare in the night to drink in the morning. Will keep you full for few hours. A complete meal for the morning breakfast and children will love it.