



## green glow smoothie

featured product:  
**baby kale**

sweet mango and pineapple blend with leafy, nutrient-packed greens and fresh ginger for a vibrant smoothie that's giving tropical getaway vibes.

mix up this green drink for a quick, easy breakfast or post-workout boost.



### ingredients

- 2 handfuls **organicgirl baby kale**
- ½ cup frozen pineapple
- ½ cup frozen mango
- 1 inch piece fresh ginger
- 1 cup coconut water
- ¼ cup hemp seeds

### directions

1. add the baby kale, frozen pineapple, frozen mango, fresh ginger, coconut water, and hemp seeds to a high-speed blender.
2. blend until completely smooth and creamy. if needed, add a splash more coconut water to reach your desired consistency.
3. pour into a glass and enjoy immediately.