

The McJordan Morning Smoothie **JOYOUS HEALTH**

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 3/4 cup frozen mango
- 1 banana
- Half cucumber
- 1 cup kale
- Thumb size ginger
- 1-2 scoops Genuine Health Fermented Vegan Protein Powder
- 2 scoops Genuine Health Fermented Gut Superfoods
- Coconut Water to desired consistency
- Handful of fresh mint

Instructions:

1. Place all your ingredients into a blender and give a whirl until smooth and creamy.