

# Skin Magic Mango Smoothie

*Swick*

Serves 1 | Active Time: | Total Time: 5 minutes

## Step 1: Make the Smoothie

- 1 cup chopped kale
- 1 cup of mango chunks
- 1 cup of pineapple chunks
- 1 tbsp apple cider vinegar - unfiltered
- 2 tbsp ground flaxseeds
- 1 cup of water or almond milk - you can add more if needed for desired consistency

Add all ingredients to your blender. Place kale in first, closest to the cutting blades.

Blend until the mixture is smooth. Pour & serve.

Cheers!