



Cantaloupe Mango Orange Smoothie

Ingredients (Serves 2):

- ¼ cantaloupe, cut into chunks
- 1 mango, peeled and chopped
- 1 navel orange, peeled and chopped
- 1 banana
- 4 stalks kale, tough stems and center ribs removed
- 1 tablespoon Dr. Fuhrman's Blood Orange Vinegar
or other fruity vinegar
- 2 teaspoons freshly squeezed lemon juice
- 1 tablespoon chopped, unsulfured crystalized ginger
(optional)

Instructions:

Blend all ingredients together in a high-power blender.

Nutritional Information: Per Serving

- Calories: 250 kcal
- Protein: 6 g
- Carbohydrates: 61 g
- Total Fat: 1.6 g
- Saturated Fat: 0.3 g
- Sodium: 44 mg
- Fiber: 7.8 g
- Beta-Carotene: 8727 ug
- Vitamin C: 215 mg
- Calcium: 149 mg
- Iron: 1.8 mg
- Folate: 143 ug
- Magnesium: 73 mg
- Zinc: 0.7 mg