

ISLAND BREEZE SMOOTHIE

Ingredients:

1 cup coconut water

½ ripe banana

½ cup mango – I use frozen chunks

½ cup pineapple

2 cups kale

½" piece of fresh ginger, chopped

Directions:

PLACE ALL INGREDIENTS IN HIGH-SPEED BLENDER.

BLEND UNTIL WELL BLENDED AND LIQUID.

Nutritional powerhouse of ingredients:

Ginger is classified as a member of the Zingiberaceae family, making it a close relative of turmeric.

Ginger can be eaten fresh, dried and stored as a spice, or made into tablets, capsules, and liquid extracts. There's about 2 percent of essential oil in the root, which is used in the cosmetic industry as a fragrance in soaps and beauty products.

Ginger is generally considered safe when eaten as part of a healthy diet. Concentrated supplements deliver the root's chemical compounds in higher doses and run the risk of causing possible side effects, like heartburn, gas, or diarrhea.

The root might be a powerful weapon in the fight against cancer. Researchers have found evidence that gingerol (an active compound in ginger) has cancer-fighting abilities. Namely, it may help in the prevention and treatment of gastrointestinal cancers. Its high antioxidant content is likely responsible for fighting off cancer cell growth.

Kale is a nutritious food rich in antioxidants, vitamin C, vitamin K, and beta-carotene. It also contains nutrients that can **support eye health, weight management, heart health, and more**. Loaded with important micronutrients and antioxidants, kale is one of the most nutritious leafy greens available.

Mango is a really "good source of vitamin C, is that (mangoes) are **a decent source of vitamin A, folate and are pretty high in fiber, which is beneficial for colon cancer prevention, heart disease and weight control.**" American Heart Association