

Mango-Oranges-Ginger-Smoothie



Our good-temper-tip

Ingredients:

- 2 Oranges
- 1 Mango,
- 1 Lime,
- 1-2 Carrots
- 1 small piece of fresh ginger

Squeeze the juice out of the oranges and lime. Peel the mangos and remove the stone. Peel carrots and cut into pieces. Peel the ginger (1-2 slices, depending on the spicy flavor you prefer). Put everything into a mixer or shake it in a smoothie maker for 2 minutes.

POWER IN A GLASS - REALLY DELICIOUS



That's for sure! I already tried it.

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