

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Mango-Ginger-Strawberry Smoothie



1 cup chopped peeled mango

1 cup hulled strawberries

3/4 cup crushed ice

1/2 cup vanilla yogurt

1/4 cup cold water

1 teaspoon fresh grated ginger

2 teaspoons honey

Combine all the ingredients in a blender and puree' until well blended. Makes 2-3 servings.