

Tomato Mango Cilantro Smoothie

Serves: 2

Smoothie Categories: Anti-Inflammatory, Glow, Low Calorie

Place all ingredients in a blender in the order listed and blend.

Ingredients

- 1 ½ oz swiss chard
- 2 ½ oz grape tomatoes
- 3 oz mango
- 1 Persian cucumber - chopped
- 1 lime, juiced
- 3 sprigs cilantro
- 1 ½ TBSP quinoa flakes
- 1 cup water
- 1 cup ice

Mango, cilantro, and tomatoes? You bet! Grape tomatoes are a surprisingly sweet tomato variety, and a few sprigs of cilantro actually mix extraordinarily well with vitamin C-rich mango, cutting down the sweetness. Because of its antimicrobial properties, cilantro is also a big ingredient in most detox drinks. Persian cucumber adds a nourishing hydration factor to this smoothie, lime adds a tart bite, and quinoa flakes give you all of the benefits of eating quinoa (protein, riboflavin and fiber) in an easy-to-digest flake that basically disappears when blended.