

# Kale Arg Mango Juice



## INGREDIENTS

- 1 cup mixed kale (without stem) and Arugula
- ½ mango cut up in chunks
- 1 medium zucchini sliced (Do Not Peel)
- 1 scoop protein powder (we prefer Kaizen brand because we sell it!)
- 1 cup water
- 1 scoop Moringa powder (comes from the moringa fruit and again we sell it!)

## PROCESS

Place all the vegetables, fruit, powders and water in a blender and blend until it turns into a fine juice or smoothie consistency.

Enjoy!