

# Mandarin Madness Smoothie



Adapted from Angela Liddon's "The oh she glows Cookbook" - flu-fighter sunshine smoothie

This drink is soooo refreshing. It reminds me of my first trip to India when I was eleven years old. On any busy New Delhi street, vendors juice frothy drinks from fresh exotic fruits like papaya and mango right before you. In this smoothie, the ginger, known for its anti-inflammatory properties, adds a spicy kick. The cayenne pepper, known for speeding up your metabolism, adds another spicy element. The maple syrup balances out the spiciness of the cayenne and ginger. The coconut water, known for its hydrating qualities, adds to the thirst quench of this drink. This drink is great before a workout, on a hot day, when you are sick, or when you just need a quick pick-me-up. Even my 17-month old went "Ahhhhh" after sampling it.

Sansational!

This recipe is really forgiving; so, if you add more or less of an ingredient, it will still taste great.

## **Ingredients:**

2 mandarins (seedless)  
2 tablespoons fresh lemon juice  
1 teaspoon (or more) of freshly grated ginger  
2 teaspoons maple syrup  
1 cup coconut water  
A pinch cayenne pepper (optional)  
3 to 5 ice cubes

## **Directions:**

Blend in a high powered blender. I used a NutriBullet and it worked beautifully!

## **Cook's Tips:**

1. I keep peeled ginger chunks in my freezer and grate the ginger right from the freezer into my NutriBullet with the rest of the ingredients.

2. This recipe is really forgiving; so, if you add more or less of an ingredient, it will still taste great.