



Today we make three of my favorite mango juices of the season!!!!



## Ingredients

### 1. Spinach ginger mango juice

2 leaves of spinach

1 tablespoon of finely cubed ginger

2 mango cheeks

1 cup of dark grapes

### 2. Raspberry Chia Mango Juice

3/4 of frozen raspberries

2 cheeks of a mango

1 tablespoon of chia seeds

### 3. Pineapple Turmeric Mango Juice

1 cup of diced, super sweet pineapple

2 cheeks of mango

1 tablespoon of fresh turmeric

1 tablespoon of raw honey

## Method

Add for all the juices, add some water in the jug and proceed to blend until combined

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SERVE WITH: along with whatever meal you are having or on their own

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/my-3-favorite-mango-juices/>

Video: <https://youtu.be/ye5fWSRqWnY>