

Radiant Skin Mango Goji Smoothie

Ingredients:

- 1 cup frozen mango chunks
- 1 tbsp dried goji berries (soaked 5 min)
- ½ banana
- ½ cup coconut water
- 1 tsp flaxseed oil
- 1 tsp fresh lemon juice

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Benefits:

- Mango and goji berries are rich in antioxidants and vitamin A for skin renewal.
- Flaxseed oil provides omega-3s that hydrate skin from within.
- Coconut water keeps you well hydrated.