

Pineapple Turmeric Smoothie

Here's a green smoothie recipe that's packed with nutrients and ingredients that have anti-inflammatory effects in the body.

2 servings

1 cup frozen or fresh pineapple chunks

1 large handful of spinach

1 Tb ground flax seeds

1/2 inch fresh ginger root, peeled

1 1/2 cups of coconut water or green tea

1/2 tsp. of ground turmeric powder or 1/2 inch fresh turmeric root

optional scoop vegan and gluten-free protein powder

Blend all ingredients until smooth.