



Pineapple Anti-Inflammatory Smoothie

Gather the following ingredients:

- 1 cup brewed and cooled green tea
- 2 c. spinach or kale (organic-washed)
- ½ of a medium banana, peeled
- 1 cup frozen pineapple chunks
- ½ cup frozen mango chunks
- 2/3 cup cucumber (peeled and cut into large chunks)
- ¼ tsp ground turmeric
- 1/2" fresh ginger – peeled and cut from stalk (about ½ tsp)
- 3 mint leaves - rough chopped
- 1 TBSP chia seeds
- 4-5 ice cubes (or more or less to personal desired consistency)

Put it all together:

- Combine all the ingredients, except the chia seeds, in a high speed blender.
- Add chia seeds at the end of the blending process so they don't stick to the blender container.
- If you like your smoothie thicker, add ice cubes and blend until desired consistency is met.

"I want this for breakfast" option:

- Add 1 scoop 'clean' protein powder and blend with other ingredients (SunWarrior is a good brand)

"take care of your body, it's the only place you have to live" –Jim Robin