



Anti-inflammatory
Smoothies

ANTI-INFLAMMATORY SMOOTHIES

DELICIOUS WAYS TO REDUCE INFLAMMATION AND HISTAMINE LEVELS IN THE BODY



BLUEBERRY MINT SMOOTHIE

- 1/4 CUP FROZEN BLUEBERRIES
- 1/8 CUP BLACKBERRIES
- 1/2 CUP COCONUT MILK
- 1 TBSP FRESH CHOPPED PEPPERMINT
- 1 TBSP CHIA SEEDS
- 1 TBSP HEMP SEEDS
- 1/2 CUP WATER



POMEGRANATE LOVE

- 1/2 APPLE
- 2 TBSP POMEGRANATE SEEDS
- 1/2 TSP GINGER
- 1 TBSP FLAX SEED
- 1/2 CUP BEET GREENS
- 1/2 CUP ALMOND MILK
- 1 SCOOP OF PROTEIN POWDER
- 1/2 CUP ICE



GREEN GODDESS SMOOTHIE

- 1/2 GREEN APPLE
- 1/4 CUP WATERCRESS
- 1/4 CUP BEET GREENS
- 1 TSP FRESH CHOPPED PEPPERMINT
- 1 TSP HONEY
- 1 CUP FLAX MILK
- 1 SCOOP OF PROTEIN POWDER



FOR THE LOVE OF SEEDS

- 1 TBSP CHIA SEEDS
- 1 TBSP FLAX SEEDS
- 1 TBSP PUMPKIN SEEDS
- 1 CUP FLAX MILK
- 1/2 CUP FROZEN BERRIES (EXCEPT STRAWBERRIES)
- 1/4 CUP WATERCRESS
- 1 TSP FRESH CHOPPED PEPPERMINT



RUBY RED

- 1 BLACK PLUM
- 10 CHERRIES
- 1/2 RED APPLE
- 1 TSP FRESH CHOPPED MINT
- 1 TBSP HEMP SEEDS
- 1 SCOOP OF PROTEIN POWDER
- 1 TSP CHIA SEEDS
- 1 CUP ICE



FILL ME UP

- 1 TBSP COCONUT OIL
- 1/4 CUP COCONUT MILK
- 1 CUP FROZEN BERRIES (EXCEPT STRAWBERRIES)
- 1/4 CUP BEET GREENS
- 1 TSP CHIA SEEDS
- 1/2 PEAR
- 2 TBSP HEMP SEEDS