



ANTI-INFLAMMATORY BLUEBERRY SMOOTHIE

Servings: 1

Total time: 5 min

INGREDIENTS

- 1 scoop of vanilla protein powder
- 1 cup of non-dairy milk
- 1 cup of spinach
- 1/2 cup of frozen blueberries
- 1 tbsp of almond butter
- 1 tbsp of chia seeds
- 1 tbsp of flax meal
- 1 tsp of maple syrup (optional sweetener)
- 1/2 tsp vanilla extract
- 1/4 tsp turmeric
- 1/4 tsp ginger

Optional toppings:

- sliced almonds
- cardamom or cinnamon