

“Monique’s Clever Combo” Anti-inflammatory Smoothie

INGREDIENTS

- 1 cup baby kale (use Spinach or Bok Choy if FODMAP Sensitive - as tolerated)
- 1/2 small beet (peeled and chopped) or Carrots
- 1/2 - 1 cup Bone Broth (homemade or commercial)
- 1/2 orange (peeled)
- 1 cup mixed berries (frozen)
- 1/2 cup pineapple (frozen) or Mango
- 1 tsp fresh ginger (grated or chopped)
- 1 tsp coconut oil



INSTRUCTIONS

1. Place baby kale, beet, water, and orange into a blender.
2. Puree until smooth.
3. Add remaining ingredients.
4. Blend again until smooth.

NOTES

- Carrots can be substituted for the beets. Mango can be substituted for the pineapple.
- Feel free to experiment and add more green vegetables as an additional cup of leafy greens or add powdered vegetables: [Orac Energy Greens](#) or powdered vegetables and protein such as [Protein and Greens](#).
- Also consider adding larger portions of ginger as tolerated



This recipe was adapted by Monique from JEN HANSARD’s Simple Green Smoothies and updated by Njeri Jarvis
<https://simplegreensmoothies.com/recipes/anti-inflammatory-smoothie-recipe>