

# Anti-Inflammatory Smoothie

Servings: 1

RECIPE BOX

## INGREDIENTS

1 BANANA (FRESH OR FROZEN)

2/3 CUP BLUEBERRIES

2 HANDFULS SPINACH

1 CUP ALMOND MILK

1 TBSP ALMOND BUTTER

1/8 TSP TURMERIC

1/4 TSP CINNAMON



## DIRECTIONS:

**STEP 1:** Place all ingredients in blender. Blend and enjoy!

\*You can reduce the sugar content by using sugar free almond butter or cutting the amount of banana in the smoothie

**GF** This recipe is gluten free as written.

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 452; Carbs 69g; Protein 11.95g; Fat 20.69g; Fiber 7.5g; Sugar 42g

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