

ANTI - INFLAMMATORY SMOOTHIE



Ingredients:
@Healthy Hebrew Homemakers
1 cup water

1 ripe banana

1/2 frozen pineapple

1 thumb size chunk turmeric

1 thumb size chunk ginger

2 Tbs hemp seeds

1/2 Tbs wheatgrass

1 tsp Spirulina

5 small dates to sweeten

1 cup kale

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