

# ANTI-INFLAMMATORY SMOOTHIE

## RECIPES



The Biblical Nutritionist



# Good Morning Smoothie


SERVINGS: 2

PREPPING TIME: 10 MIN

## Ingredients

- 1½ cups unsweetened almond or other non-dairy milk
- ½ avocado, peeled and pitted
- 1 cup chopped cucumber
- 1 cup chopped cantaloupe melon
- 1 frozen banana
- 2 tbsp fresh mint
- 2 tbsp chia seeds
- 1 scoop [chocolate protein powder](#)
- ½ cup ice





## Brain Boosting Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

### Ingredients

- 2 cups fresh blueberries
- 1 cup organic strawberries, frozen
- ½ ripe avocado
- 1 teaspoon chia seeds
- 1 tsp [ground cinnamon](#)
- ¼ cup walnuts,
- 1-2 scoops [collagen protein](#)
- 1 cup coconut milk
- 1 cup water





## Pineapple Surprise Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

### Ingredients

- 1½ cups plain unsweetened almond milk
- 1 cup peeled and diced pineapple
- ½ cup diced carrot
- 1 cup kale
- ½ teaspoon flax seeds
- 1 scoop [vanilla protein powder](#)
- 1 teaspoon coconut oil
- ½ lemon, juiced
- ½ tsp ground turmeric
- ½ cup ice, optional





## Orange Delight Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

### Ingredients

1 cup plain unsweetened almond milk or organic unflavored yogurt  
1 carrot, diced or juiced  
1 large orange, peeled and roughly chopped  
1 mango  
½ tsp peeled and minced fresh ginger  
1 tbsp chia seeds  
1 scoop [vanilla protein powder](#)  
¼ tsp ground cinnamon (TRY: [Simply Organic Ground Cinnamon](#))  
ice, as desired





## Pleasen Green Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

### Ingredients

- 1½ cups nut milk or organic unflavored yogurt
- 1 asian pear, cored and chopped
- 1 cup arugula, or spring greens
- 1 scoop [collagen powder](#)
- ¼ avocado or 2 slices
- 1 teaspoon peeled and roughly chopped ginger
- ½ tbsp pure maple syrup
- ¼ tsp ground cardamom or [cinnamon](#)
- ½ cup ice (optional)





## Cherry Chocolate Smoothie

SERVINGS: 2

PREPPING TIME: 10 MIN

### Ingredients

3 cups chopped kale,  
2/3 cup pomegranate juice  
1 tablespoon natural cocoa powder  
1 cup frozen cherries

Blend ingredients in a [high-powered blender](#).



# Annette's Favorite Kitchen Tools



Set up your kitchen to make cooking fun and nutritious!

## Grain Mills



Fresh, wholesome, nutrient-rich, flavorful, cost-saving, customizable textures, long-lasting, satisfying, health-boosting, traditional, self-sufficient, aroma-filled.

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## VitaClay Multicooker



This organic clay cookware enhances flavor, boosts nutrients, and supports healthy digestion.

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## Kitchen Basics

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USA Bread Loaf Pans



Fiskie



Scandinavian Dough Whisk



Immersion Blender



Blender

## Vitamix

AutomaticDiscount

Powerful, reliable, versatile, fast, products that give me smooth blends or perfectly processed foods, are durable, and easy to clean! I love the professional quality of each item!

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## Juicer

With these juicers, I can press nutrient-rich green juices or squeeze vibrant citrus with ease.

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## Oat Flaker

3 Reasons to Flake Your Oats!

1. Nutritional Improvement - Significant improvement in several vitamins like beta glucan.
2. Super fresh flavor - you will never go back to boxes of oats!
3. More economical - buy the oat berries (plus all the other grains it flakes) and save money.

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## Tools on Amazon

Browse my go-to tools for turning simple ingredients into hearty meals that taste better, nourish deeper, and bring joy to the table.



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## Dehydrator UsecodeTBN23

Easily create healthy, homemade food by making full use of all the meat and products you purchase. I especially love making beef jerky, dried fruits, and herbs!



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## Mixers



My favorite mixer for over 20 years! Bosch Universal Plus Mixer has more than 60 years of high quality and trust designed for your kitchen.

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## Pantry Items

From baking items to beans to nuts and seeds. Country life is my go to store to stock up. Some of my favorites are flax seeds, chia seeds, organic lentils, sunatan, and organic avocado oil.



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