

The background of the image shows several tall glasses filled with smoothies of various colors: green, light green, pink, and orange. In the foreground, there are fresh green leafy vegetables and a few walnuts on a wooden surface. The entire image has a soft, slightly faded overlay to make the text stand out.

6

Anti-Inflammatory Smoothie Recipes



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](#).



Join the first ever



**BIBLICAL
WELLNESS**
Ambassador
conference

Click this button to
REGISTER NOW.