

ANTI-INFLAMMATORY

Ginger Peach Smoothie

This smoothie uses not one but TWO anti-inflammatory powerhouses—ginger and turmeric. While turmeric has been shown to be as effective as some pharmaceutical drugs for a range of conditions, ginger is great for facilitating strong and effective digestion, which is a key factor in reducing inflammation.

So keep your digestion strong and your inflammation low with this Anti-Inflammatory Peach-Ginger Smoothie. Not only is it refreshing and delicious, but it's low in sugar too! Enjoy, and tell us how you liked it.

Ingredients

- Pinch of cardamom
- ¼ teaspoon ground turmeric
- ½ teaspoon freshly grated ginger
- 1 teaspoon chia seeds
- 1 large peach
- 3 ice cubes
- ½ cup unsweetened plant-based milk
- ½ cup unsweetened coconut yogurt
- Bee pollen to garnish (optional)

How To Make

- Combine all the ingredients except the bee pollen in a high-speed blender and blend until smooth.
- Garnish with bee pollen and serve immediately.

