

Daily Smoothie Recipe



- 1 cup spinach
- 1 ½ frozen bananas
- ½ cup frozen mango
- ½ cup frozen pineapple
- 2 pitted Deglet Noor dates (or 1 Medjool)
- 1 tiny piece of whole ginger (roughly 1/4 inch)
- 2 tbsp whole rolled oats
- 1 tbsp flax seeds
- ¼ tsp turmeric with a few flecks of black pepper
- ¼ tsp amla powder (optional)
- 2 cups water

Instructions:

- Adjust the quantities to taste.
- Blend in a high-speed blender on high for 1 minute and 15 seconds.

Notes:

- Good substitutions:
 - Hemp or chia seeds instead of flax
 - Kale or other dark leafy green instead of spinach
- Turmeric is a potent anti-inflammatory spice. Black pepper increases the absorption of curcumin, the active compound found in turmeric.
- Amla (indian gooseberry) is the berry with the highest antioxidant quantity.