

Feel Good ANTI INFLAMMATORY SMOOTHIES & SHOTS

by Dee Dine, GreenSmoothieGourmet.com

Blueberry Muffin

- ☐ 1 banana
- ☐ 1 cup blueberries
- ☐ 1 tbsp almond butter
- ☐ ½ cup yogurt



Chocolate Hummus

- ☐ ¼ cup chickpeas
- ☐ 2 tbsp tahini
- ☐ ¼ cup choc chips
- ☐ 1 cup milk



Orange Turmeric

- ☐ 1 cup orange slices
- ☐ ¾ cup coconut water
- ☐ 1 tsp turmeric
- ☐ pinch of black pepper



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Directions

- 1: Combine ingredients in a blender.
- 2: Blend until smooth, about 30 second.
- 3: Add more milk or water if needed. Drink right away or refrigerate covered, up to 24 hours.

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