

Chia Banana Berry Smoothie

PREP TIME 5 MINUTES

2 SERVINGS

Ingredients:

- 3 cups fresh spinach
- 2 ripe bananas
- 3 tbsp chia seeds
- 2 cups frozen blueberries
- 3/4 cup almond or soy milk
- 1/2 tsp ground ginger
- 1/2 tsp Matcha tea powder
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- Ice for consistency if desired

Procedure:

Place all ingredients into a blender and run until smooth.

Notes:

The riper the banana, the better.

Black pepper increases the absorption of curcumin, the anti-inflammatory compound found in turmeric, by up to 2000 percent.



SIMPLE
STEPS
WITH Sandra