



Anti-Inflammatory Smoothie

(Courtesy of Oliver and Megan Dey-Toth)

Ingredients:

- 1-2 ice cubes
- 1 – 1 ¼ cup cut-up pineapple (about 7 pieces)
- 1 – 1 ¼ cup strawberries (about 7 large strawberries)
- 8 – 10 mint leaves
- 2 cups baby spinach
- 1 ½ - 2 tbsp. chia seeds
- ½ inch piece fresh turmeric root
- 1 cup tart cherry juice
- 1 ¼ cup apple juice
- 1 ¾ cup filtered or bottled water

Directions:

- Place all ingredients in blender or Vitamix
- Serve immediately and enjoy!

Note: This smoothie will come out brownish in color but the taste is delish. It is packed with anti-inflammatory elements that are SO good! Play with quantities and ingredients until it's just right for you. Add more apple juice if a sweeter taste is desired. Use chilled ingredients if possible. Serve cold, right after preparing, for best taste. And...if color is a deterrent for younger kids, put in a sippy cup.

**** Fresh turmeric root available at most Safeway's or at Whole Foods**