



Super Anti-Inflammatory & Pain Reduction Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Cherries
 1 cup Baby Spinach (Substitute other greens)
 1/2 tsp Turmeric
 1 tsp Cinnamon
 1/2 tsp Ginger
 2 tbsps Chia Seeds
 1/2 cup Coconut Water (unsweetened, optional)
 2 tbsps Collagen Protein Powder
 1 1/2 cups Water (as needed for desired consistency)

Nutrition

Amount per serving	
Calories	256
Fat	9g
Carbs	31g
Fiber	11g
Sugar	13g
Protein	19g

Directions

- 1 Talk about a powerhouse of anti-inflammatory, healing ingredients - all blended up to create this delicious and convenient smoothie. Enjoy for breakfast or any snack in your day!
- 2 Add all ingredients to blender, blend until desired consistency

Notes

Tart Cherries: Use tart cherries if you can find them, or substitute with 1 cup of tart cherry juice (found in most whole foods stores such as Planet Organic or Community Foods). A 2012 study showed that drinking cherry juice twice a day for 21 days reduced the pain felt by people with osteoarthritis. Numerous other studies have also shown significant reductions in inflammation and pain associated with arthritis and other inflammatory conditions, including with high level athletes. Blood tests also showed that they experienced significantly less inflammation. Tart cherries have the "highest anti-inflammatory content of any food," more than other antioxidant-rich foods like blueberries and pomegranates.

Coconut Water: Coconut water has been shown to have anti-inflammatory and antioxidant effects, which means it's helpful in combating inflammation in the body. It's also a rich source of minerals, and that means support for strengthening bones, muscles, and joints.

Collagen Protein: Protein is the building block for all tissues, including soft tissues and muscles. Without sufficient protein, the body can't optimally repair and recover from injury. Collagen in particular, provides about 10 grams of protein in 2 tbsps and plays a significant role in healing as it helps remodel new tissue growth.

Supportive Spices: Cinnamon, ginger and turmeric all have proven anti-inflammatory benefits that help the body regulate tissue repair and reduce pain and inflammation.

Chia Seeds: The chia seeds will absorb the fluid and thicken, so drink the smoothie right away or eat it as more of a chia pudding later on!