antioxidant super smoothie



prep time:
5

featured product:
baby spinach

this is the perfect smoothie to reduce inflammation, load up on antioxidants, and even get a caffeine kick from the green tea. the organic girl baby spinach gives your morning a boost of veggies and energy to start your day off right.

ingredients

2- 12oz servings

8oz chilled green tea
4oz coconut milk
2 cups raw spinach
1 cup frozen pineapple
1?2” knob of fresh ginger
2 tbsp lemon
1 tbsp raw honey
1?2 tsp turmeric
2 tsp chia seeds
handful of ice

directions

procedure: combine all ingredients into a blender and blend until liquefied. enjoy!

nutrition

of servings: 2
calories: 114
total fat: 3g
cholesterol: 0mg
sodium: 42mg
total carbohydrate: 10g
total sugars: 2g
protein: 2g