

# ANTI-INFLAMMATORY SMOOTHIE



## INSTRUCTIONS

Choose one ingredient or more from each group and mix in high-speed blender. Adjust liquids for desired consistency. Drink immediately for optimal nutritional benefits.

## OPTIONAL INGREDIENTS

**SPICES** — 1/2 tsp Cinnamon, 1/4 tsp Nutmeg, 1/4 tsp Cayenne Pepper, 1/4 tsp Black Pepper, 1 tbsp Cocoa Powder

**FIBER** — 1 tsp Psyllium Husk Powder



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## LIQUIDS

(8-10 OUNCES)

Filtered Water, Coconut Water,  
Green Tea, Almond Milk

## PROTEINS

(1 SCOOP)

Whey, Pea, Plant  
or any quality protein powder

## LEAFY GREENS

(1 LARGE HANDFUL)

Spinach, Kale, Romaine Lettuce,  
Mixed Greens, Parsley, Broccoli

## ROOTS

(1/2 TO 1 INCH PIECE PEELED)

Fresh Turmeric, Ginger, Beet  
or 1/2 tsp powdered

## HEALTHY FATS

(1 TABLESPOON)

Chia, Flax or Hemp Seeds,  
Nut Butter or 1/4 cup nuts  
(Almonds, Walnuts,  
Cashews, Hazelnuts),  
1/2 Avocado

## CARBOHYDRATES

(1/2 TO 1 CUP)

Frozen or Fresh Berries,  
Pineapple, Papaya, Banana,  
Cherries, Cooked Sweet Potato