

Happy Holidays from ePublishingPartners, Inc.
From our table to yours!

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The Grinch's Green Smoothie



Ingredients

juice of 1 lemon	1 big handful of spinach
1/3 cup water	1 big handful of kale
fresh ginger, to taste	1 heaping tsp mixed ground flax & chia seeds
cucumber (1 in. or so)	1/2 to 1 tsp turmeric
1 heaping tsp plain yogurt	1/4 tsp cayenne
1/3 cup blueberries	

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I have this every morning. It's not yummy but I've grown to like it. It's mainly a metabolism booster, with lots of antioxidants and some vitamins and fiber thrown in for good measure. Ginger is great for digestion. The cucumber lightens the flavor a bit and adds water, and cukes are packed with nutrients. Turmeric has many benefits—I'm interested in it mainly as an anti-inflammatory. Flax seeds are a great source of omega-3 fatty acids. Chia seeds are loaded with antioxidants, as are blueberries. The yogurt is for mouth feel and really does make the whole thing more palatable.

Directions

1. Blend smooth.

Serves: 1

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