



## 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

1½ knob of fresh ginger

2 tbsp lemon

1 tbsp raw honey

1½ 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