

Food Babe's Ginger Berry Anti-Inflammatory Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/anti-inflammatory-smoothie>

Ingredients:

- 3 tablespoons hemp protein powder
- 2 inches ginger root
- 2 cups spinach
- 1 cup celery
- 1 cup mixed frozen berries
- ½ cup filtered water

Instructions:

1. Place all ingredients in a blender and blend for 1 min or until smooth.
2. Serve immediately or store in airtight container for up to 1 day.

Notes:

- Please choose all organic ingredients if possible