



Health Breakdown

GLUTENFREE
VEGETARIAN
SOYFREE

TARGETS
ARTHRITIS
INFLAMMATION
SKIN
CANCER
THYROID

PINEAPPLE + TURMERIC SMOOTHIE

Servings: 1 Time: 2 minutes

Glycoglycerolipids from spinach protects the lining of the digestive tract from damage and inflammation. Spinach is one of few foods that have shown to significantly protect against aggressive hormone cancers, such as breast, ovarian + prostate cancer. Pineapple contains digestive enzymes and strongly anti-inflammatory along with turmeric + cardamom. This is the perfect functional food for digestive disorders + inflammation.

Reference: Gates MA. A prospective study of dietary flavonoid intake and incidence of epithelial ovarian cancer. *Int J Cancer*. 2007 Apr 30

What's in it?

- 1 scoop whey
- 1 big handful spinach
- 3 tbsp. coconut cream
- 4 ice cubes
- 1 cup/ 250 ml frozen pineapple
- 1/2 tsp. cardamom
- 1/2 tsp. turmeric
- 2 tbsp. raw cacao nibs

What to do?

- Place everything in blender.
- Blend on high speed
- Pour in tall glass
- Top with raw cacao nibs

