

ANTI-INFLAMMATORY SMOOTHIE

Ingredients:

- 1 orange (I love the cara cara varietal)
- 1/3 cup frozen pineapple
- 2 scoops vanilla Daily Shake protein powder
- 1 tsp turmeric (I love the Clean Program fermented turmeric powder)
- 1 tsp fresh ginger root
- 1 tsp cinnamon
- 16 ounces Califia toasted coconut almond milk
- Ice

Directions:

In a high-powered blender, combine all ingredients. Blend on high and serve immediately.

Add shredded coconut, lemon zest etc to the top for some crunch and texture.



About:

We are halfway into March and it sure is beginning to feel like SPRING. I love all the seasons but Spring is my favorite. There is something amazing about nature budding up and blooming after remaining dormant all winter. It signifies rebirth, energy, and cleansing for me. The Anti-Inflammatory Smoothie is an absolute favorite at Kitchen Shift. And for good reason. Its ingredients are clean and fresh tasting. It is packed with anti-inflammatory foods like citrus, ginger, and turmeric. This leaves an interesting dichotomy of heat and cool- which is exactly what we experience with the weather in SPRING!

This smoothie also calls for my favorite protein powder by The Clean Program called The Daily Shake. It is a plant-based protein powder and has a really smooth finish. The Vanilla flavor is what I use in this recipe and it definitely leaves a little “beachy” vibe coupled with the pineapple and orange. It's available at the shop or on the [Kitchen Shift website](#).