

# ANTI-INFLAMMATORY LEMON BLUEBERRY SMOOTHIE

The kale, hemp seeds and green tea in this bright, lemony smoothie all contain antioxidants that can help fight inflammation. If you can't find baby kale, baby spinach will work well in its place. Banana adds natural sweetness. If you want it a little sweeter, just a touch of honey will do the trick.

Active Time: 5 mins | Total Time: 5 mins



## INGREDIENTS

- 1 cup frozen blueberries, plus more for garnish
- 1 medium ripe banana, peeled and frozen
- 1 cup packed baby kale
- 1/2 cup unsweetened plain almond milk
- 1/2 cup chilled unsweetened brewed green tea
- 2 tablespoons hulled hemp seeds
- 3/4 teaspoon lemon zest, plus more for garnish
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon honey (optional)
- 1/4 teaspoon ground ginger

## DIRECTIONS

### Step 1

Place blueberries, banana, kale, almond milk, tea, hemp seeds, lemon zest, lemon juice, honey (if using) and ginger in a blender; process until smooth, about 25 seconds. Pour into a glass. Garnish with additional blueberries and/or lemon zest, if desired.

## NUTRITION PROFILE

Sesame-Free Anti-Inflammatory Dairy-Free Healthy Pregnancy Soy-Free  
High-Fiber Heart-Healthy Vegan Vegetarian Egg-Free Gluten-Free

## NUTRITION FACTS

Serving Size 2 cups 330 calories; total fat 13g ; saturated fat 1g ; cholesterol 0mg ; sodium 110mg ; total carbohydrate 52g ; dietary fiber 9g ; total sugars 29g ; protein 10g ; vitamin c 40mg ; calcium 320mg ; iron 3mg ; potassium 956mg



my-wellnessportal.com  
(password: Wellness1)

For Additional Wellness Offerings  
Login to Your Wellness Portal



Proactive. Engaged. Personalized.

myhealthonsite.com

Source: Eating Well | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2024 My Health Onsite | All Rights Reserved | REV070324