



Antioxidant Smoothie

Ingredients

- 1/2 cup soy or favorite plant-based milk
- 1 fl oz liquid and purified aloe vera
- 1 tbsp flaxseeds
- 1 tsp Indian gooseberry powder
- 1 tsp cinnamon
- 1/4 tsp turmeric or 1/4 inch fresh turmeric root
- 1/4 tsp black pepper
- 1 tsp matcha green tea
- 2 oz brewed green tea
- 1 small banana
- 1 dried date (no pit)
- 2 cups dark leafy greens
- 2 cups berries (or fruit of your choice)

Instructions

1. Put all the ingredients into your blender on high until your smoothie looks thick and creamy smooth.
2. Pour the smoothie into a large cup. If you have time, sip through a straw over 20 minutes.