



STACEY CREW

health coaching

Anti-inflammatory Mango Smoothie

Ingredients:

- 10 oz. unsweetened almond milk (1.3g protein, 37.5 calories, 3.1g fat, 2.5g carbs)
- 1/2 frozen banana (.9g protein, 72.3 calories, .2g fat, 18.5g carbs)
- 1 large handful of frozen mango (1g protein, 90 calories, no fat, 24g carbs)
- 1 teaspoon turmeric (.2g protein, 7.8 calories, .2g fat, 1.4g carbs)
- 1/2 teaspoon of ginger (.1g protein, 3.1 calories, .1g fat, .6g carbs)
- 1 teaspoon cinnamon (.1 g protein, 6 calories, .1 g fat, 1.8 g carbs)
- 1/2 teaspoon chia seeds (1.5g protein, 30 calories, 2.25g fat, 2.50g carbs)
- 1 teaspoon raw honey (60 calories, 17g carbs)

Total Calories = 306

The ingredients can be purchased at Earthfare in Aisle 5, with the exception of the banana and frozen fruit. Earthfare sells small containers of organic spices for just \$2.99 each (better than Harris Teeter!) so you're able to try it without the investment of a larger container. If you're not a "cinnamon" person, you can use less or none at all.

I wouldn't be so concerned about a "frozen" banana, so if you do use fresh, then maybe add a couple of ice cubes to make the smoothie colder, if you'd like. Also, you can use peaches instead of mango. Harris Teeter does have the better deal on frozen fruit (\$2.99 versus about \$4 each at Earthfare).

Note: If you're new to the spice Turmeric and you're not a BIG fan of spicy, try a ¼ teaspoon on the first go. And if you're not a big fan of cinnamon, either eliminate or cut back on that too.

Also, if you're not in an area that has an Earthfare supermarket, other supermarkets carry these items, so check your favorite supermarket or try these, if they're in your area: Trader Joe's, Whole Foods and Wegman's.