

33 INFLAMMATION FIGHTING *Smoothies*



33 INFLAMMATION FIGHTING SMOOTHIES

Copyright ©2020 • Modern Holistic Health

NOTICE OF RIGHTS:

All rights reserved. No portion of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, or otherwise, except by the inclusion of brief quotations in a review to be printed or published on the web, without permission.

DISCLAIMER:

The information and statements contained herein have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any illness. The contents of this publication are for informational purposes only and are not intended to be a substitute for medical advice, diagnosis, or treatment. Never disregard professional medical advice or delay seeking treatment due to information contained herein. You should take no action solely on the basis of this publication's contents. Any action you take on the basis of the information provided is solely at your own risk and expense.

TABLE OF CONTENTS

What Is Inflammation?	1
Key Anti-Inflammatory foods	2
27 Foods to Fight Inflammation	
▶ Kale & Fruit Smoothie	4
▶ Tropical Turmeric Smoothie	5
▶ Turmeric Banana Smoothie	6
▶ Exotic Fruit Smoothie with Dragon Fruit	7
▶ Sweet Potato Squash Smoothie	8
▶ Oatmeal Pineapple & Kiwi Kale Smoothie	9
▶ Superfood Smoothie	10
▶ Greek Yogurt Raspberry Smoothie	11
▶ Pineapple Green Smoothie	12
▶ Kale Blueberry Smoothie	13
▶ Vanilla Matcha Smoothie	14
▶ Broccoli Cucumber Smoothie	15
▶ Cherry-Spinach Smoothie	16
▶ Spinach-Avocado Protein Smoothie	17
▶ Banana Cauliflower Smoothie	18
▶ Berry-Cherry Smoothie	19
▶ So Green Smoothie	20
▶ Almond-Matcha Smoothie Bowl	21
▶ Watermelon Smoothie	22
▶ Mango Green Smoothie	23
▶ Vanilla Cherry Smoothie	24
▶ The Carrot Smoothie	25
▶ Almond-Berry Smoothie	26
▶ Mango Smoothie	27
▶ Berry-Kefir Smoothie	28
▶ Pineapple Detox Smoothie	29
▶ Berry Oatmeal Smoothie	30
▶ Garlicky Green Smoothie	31
▶ Monster Green Smoothie	32
▶ Avocado Garlic Smoothie	33
▶ Delicious Grape Smoothie	34
▶ Simply Grape Smoothie	35
▶ Fruity Cayenne Smoothie	36
Conclusion	37
Resources	38



WHAT IS INFLAMMATION?

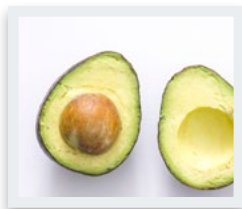
Inflammation is your body's response at an attempt to heal itself from things like toxins, infections, and injuries and often causes swelling. We tend to ignore early warning signs, such as fatigue however, over time that can lead to a breakdown in your immune system that will damage the very cells you rely on to keep you mobile and energized.

If left untreated, over time, inflammation becomes chronic and can develop into heart disease, obesity, diabetes, dementia, or even cancer. And if those conditions are common in your family's genetic history, then your risk is even higher.

You will notice key ingredients used throughout these recipes that are little soldiers in your fight against inflammation. Even if you have resisted eating them on their own, by throwing them into a smoothie, you can get their goodness without facing their taste or texture alone. It's a great way to expand your range of foods with a quick chop and a whir of your blender!

Incorporating healthy fats, proteins, vegetables, fruits, whole grains, and calcium-rich foods, as well as movement in your day-to-day regime is key to fighting inflammation. It is important to make sure you are eating a balanced diet to help prevent chronic inflammation. You've taken a healthy step by opening yourself up to new recipes. Now let's see what you'll be enjoying soon!

KEY ANTI-INFLAMMATORY FOODS:



AVOCADO: This superfood can dampen your body's inflammatory response due to its healthy source of monounsaturated fat and antioxidants. In fact, the anti-inflammatory properties of avocados are so strong that they may actually offset less healthy food choices.



BLUEBERRIES: These little fruit bombs bristle with antioxidants called anthocyanins that prevent many diseases, including cancers. These disease-fighters provide berries with their distinctive colors, as they boost immunity, reduce inflammation, and protect you from heart disease.



CHERRIES: Both sweet and tart varieties are packed with antioxidants and offer a wealth of inflammation-busting power to help prevent or decrease oxidative stress and inflammation in the body. Bonus: Cherries have also been proven to help you have a better sleep.



PINEAPPLE: This yummy treat calms inflammation in your stomach and its bromelain content kills off cells that cause breast, skin, bile duct, gastric system and colon cancers. This enzyme also makes white blood cells more effective at fighting off cancer cell growth.



SWEET POTATOES: This vegetable is rich in vitamins A, B5, B6, and is reported to be beneficial in controlling blood sugar, helping with stress, digestion and is considered to be anti-inflammatory.



ORANGES: These are great to boost your immune system but also for cleansing your internal organs and are a great addition to an anti-inflammatory diet.



KALE: Is there anything that this superfood cannot do? It has incredible anti-inflammatory properties thanks to a variety of phytonutrients and antioxidants that help protect you from cell damage. It supports healthy skin, eyes, bones, digestion and memory retention.



CHIA SEEDS: Not only do they fight inflammation but also they help your body absorb vitamins and lower blood pressure. They are packed with lots of antioxidants as well as fiber, calcium and iron.



GINGER: This spice stimulates digestion and circulation. Its digestive action may serve to cleanse the build-up of waste and toxins in the colon, liver, and other organs.



GOJI BERRIES: They strengthen our immune system and support liver and kidney function. They are energy boosting, improve circulation and are known for their ability to fight harmful free radicals and inflammation.



TURMERIC: This spice contains curcumin, which is a powerful phytochemical component. It is recognized for its anti-inflammatory, anti-cancer and antioxidative effects. To get the best from turmeric, you should combine it with a pinch of pepper and some healthy fats.



SPINACH: This superhouse vegetable has well-known anti-inflammatory agent vitamin A, that supports better eye and brain health. It also comes with vitamin K, beta-carotene and folate which work together to boost immunity.



MATCHA: A powdered green tea leaf has been proven to contain higher concentrations of antioxidants than steeped green tea and may therefore reduce inflammation and slow down cartilage breakdown.



KALE & FRUIT SMOOTHIE

INGREDIENTS

1 cup baby kale
½ small beet (peeled, chopped)
⅓ cup water
½ orange (peeled)
½ apple (peeled, chopped)
1 cup mixed berries (frozen)
½ cup pineapple (frozen)
1 tsp fresh ginger (grated)
1 tsp coconut oil

DIRECTIONS

Puree baby kale, beet, water, apple, and orange in a blender until smooth.

Add remaining ingredients.

Blend again until all ingredients are mixed well and smooth.

SERVINGS: 1



TROPICAL TURMERIC SMOOTHIE

INGREDIENTS

1 banana
½ cup mango chunks
½ cup pineapple chunks
½ cup of blueberries
⅓ cup unsweetened coconut milk
1 piece ginger (ground)
⅛ teaspoon ground turmeric
Pinch of ground pepper
⅛ teaspoon ground cinnamon
½ cup of ice (if using fresh fruits vs frozen)

DIRECTIONS

Gather and measure ingredients and place in a blender.
Blend until smooth and creamy.
Enjoy!

SERVINGS: 1



TURMERIC BANANA SMOOTHIE

INGREDIENTS

1 cup unsweetened almond milk
1 banana, sliced
1-¼ tsp ground ginger
1-¼ tsp turmeric
¼ teaspoon ground cinnamon
½ teaspoon chia seeds
½ teaspoon flax seeds
1 cup fresh baby spinach
½ cup of ice

DIRECTIONS

Place all ingredients in the blender and blend for several minutes until very smooth.

Pour into a glass and enjoy!

SERVINGS: 1



EXOTIC FRUIT SMOOTHIE WITH DRAGON FRUIT

INGREDIENTS

1 dragon fruit (cut into chunks).
½ cup frozen mango chunks
1 banana (cut into chunks)
½ teaspoon chia seeds
½ cup unsweetened coconut milk
5 frozen strawberries (sliced in half)
1 tbsp honey
¼ cup of ice

DIRECTIONS

Place ingredients in a blender and blend for about 2 minutes until completely smooth.

Pour into 2 glasses and enjoy!

SERVINGS: 2



SWEET POTATO SQUASH SMOOTHIE

INGREDIENTS

1 ½ cups unsweetened almond milk
1 cup cooked sweet potatoes (cooled, and cubed)
¼ cup pureed butternut squash
2 teaspoons golden flax seeds
½ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoon honey
4 ice cubes

DIRECTIONS

Put all ingredients in your blender and blend away for several minutes until completely smooth and to your desired consistency.

Serve and enjoy as two servings!

SERVINGS: 2



OATMEAL PINEAPPLE & KIWI KALE SMOOTHIE

INGREDIENTS

2 cups frozen pineapple
¾ cups unsweetened almond milk
½ tsp turmeric
2 kiwis (peeled and cubed)
1 banana
2 cups kale
¼ cup oatmeal
Honey to taste

DIRECTIONS

Place ingredients in a blender in the order listed and blend until smooth.

SERVINGS: 2



SUPERFOOD SMOOTHIE

INGREDIENTS

6 oranges (peeled and pitted)
1 unpeeled, pitted apple
1 ripe banana
3 tbsp goji berries
1 tsp turmeric
A pinch of pepper
1 tsp cinnamon
2 tbsp almond butter
3 brazil nuts
2 teaspoons fresh grated ginger
3 tsp chia seeds

DIRECTIONS

Blend all ingredients until smooth.

Drink!

SERVINGS: 1

Note: Goji berries could interact with some drugs. If you take warfarin (a blood thinner), you may want to avoid goji berries. Goji berries may also interact with diabetes drugs or blood pressure drugs. If you're on medication, you should talk with your doctor first!



GREEK YOGURT RASPBERRY SMOOTHIE

INGREDIENTS

1 cup coconut milk
½ cup plain Greek yogurt
¼ cup packed baby spinach
¼ cup raspberries
1 tbsp peanut butter
3-4 ice cubes

DIRECTIONS

Combine all ingredients in a blender, and pulse until smooth.

SERVINGS: 1



PINEAPPLE GREEN SMOOTHIE

INGREDIENTS

½ pineapple
2 ribs celery
1 head of Romaine lettuce
1 cup of fresh cilantro
1 tbsp ground ginger
½ cup of ice

DIRECTIONS

Pulse all ingredients in a blender, gradually adding water until reaching the perfect consistency for your liking.

SERVINGS: 1



KALE-BLUEBERRY SMOOTHIE

INGREDIENTS

¾ cups blueberries
1 cup kale
1 banana
1 tbsp honey
½ tablespoon almond butter
almond milk for preferred consistency

DIRECTIONS

Pulse all ingredients in a blender, gradually adding milk until reaching the perfect consistency for your liking.

SERVINGS: 1



VANILLA MATCHA SMOOTHIE

INGREDIENTS

½ cup greek yogurt
1 banana
2 tsp matcha green tea powder
½ teaspoon honey
1 tbsp vanilla extract
1 cup almond milk

DIRECTIONS

Pulse all ingredients in a blender, gradually adding milk until reaching the perfect consistency for your liking.

Top it off with matcha powder.

SERVINGS: 1



BROCCOLI CUCUMBER SMOOTHIE

INGREDIENTS

1 cup broccoli florets
1 cup spinach
½ cucumber (peeled and cubed)
1 tbsp ground ginger
2-3 ice cubes
½ cup apple juice

DIRECTIONS

Pulse all ingredients in a blender and mix together until everything is smooth.

SERVINGS: 1



CHERRY SPINACH SMOOTHIE

INGREDIENTS

1 cup plain low-fat kefir
1 cup frozen cherries
½ cup baby spinach leaves
¼ cup mashed ripe avocado
1 tbsp peanut butter
1 tbsp ground ginger
1 tsp chia seeds

DIRECTIONS

Place kefir in a blender.

Add cherries, spinach, avocado, almond butter, ginger and chia seeds; puree until smooth.

Pour into a glass and enjoy!

SERVINGS: 1



SPINACH-AVOCADO PROTEIN SMOOTHIE

INGREDIENTS

1 cup greek yogurt
1 cup fresh spinach
1 frozen banana
¼ avocado
4 tbsp coconut milk
1 tsp honey

DIRECTIONS

Combine yogurt, spinach, banana, avocado, coconut milk and honey in a blender.

Puree until smooth.

SERVINGS: 1



BANANA CAULIFLOWER SMOOTHIE

INGREDIENTS

1 cup frozen riced cauliflower
½ cup frozen mixed berries
1 cup sliced frozen banana
2 cups coconut milk
2 tsp honey

DIRECTIONS

Place cauliflower, berries, banana, coconut milk and honey in a blender

Blend 3-4 minutes until smooth

SERVINGS: 1



BERRY-CHERRY SMOOTHIE

INGREDIENTS

1½ cups fresh strawberries, hulled
1 cup pitted dark sweet cherries
1 cup fresh raspberries
1 cup cranberry juice, chilled
½ cup fresh blueberries

DIRECTIONS

In a blender combine strawberries, cherries, raspberries, pomegranate juice and blueberries.

Cover and blend until almost smooth.

SERVINGS: 1



SO GREEN SMOOTHIE

INGREDIENTS

1 large ripe banana
1 cup packed baby kale
1 cup unsweetened almond milk
¼ ripe avocado
1 tablespoon chia seeds
2 teaspoons honey
1 tsp vanilla extract
1 cup ice cubes

DIRECTIONS

Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender.

Blend on high until creamy and smooth.

Add ice as desired and blend.

SERVINGS: 1



ALMOND MATCHA SMOOTHIE

INGREDIENTS

½ cup frozen sliced banana
½ cup frozen sliced apricots
1 cup fresh spinach
½ cup unsweetened almond milk
5 tablespoons slivered almonds, divided
1½ teaspoons matcha tea powder
1 teaspoon honey

DIRECTIONS

Blend banana, apricots, spinach, almond milk, 3 tablespoons almonds, matcha and honey in a blender until very smooth.

Pour the smoothie into a bowl and top with the remaining 2 tablespoons of slivered almonds.

SERVINGS: 1



WATERMELON SMOOTHIE

INGREDIENTS

4 cups watermelon chunks, seeded
½ cup water
3 tablespoons lemon juice
3 tbsp nutmeg
1 tsp ground turmeric
4 tsp honey
1 tsp extra-virgin coconut oil
1 pinch ground pepper

DIRECTIONS

Combine watermelon, water, lemon juice, ginger, turmeric, honey, oil and pepper in a blender.
Puree until smooth, about 1 minute.

SERVINGS: 2



MANGO GREEN SMOOTHIE

INGREDIENTS

½ cup unsweetened almond milk
⅓ cup non-fat plain Greek yogurt
1 cup baby spinach
1 banana (sliced)
½ cup frozen mango chunks
1 tablespoon chia seeds
2 tsp honey (optional)

DIRECTIONS

Add almond milk and yogurt to a blender, then add spinach, banana, mango, chia and honey (if using).
Blend until smooth.

SERVINGS: 1



VANILLA CHERRY SMOOTHIE

INGREDIENTS

1 cup frozen unsweetened pitted dark sweet cherries
1 cup unsweetened almond milk
1 cup vanilla fat-free Greek yogurt
½ medium banana
2 tablespoons unsweetened cocoa powder
2 tablespoons almond butter
1 tsp vanilla
2 cups ice cubes

DIRECTIONS

In a blender combine the cherries, almond milk, Greek yogurt, banana, cocoa powder, almond butter, and vanilla. Cover and blend until smooth.

Add ice cubes; cover and blend until smooth.

Pour into glasses and enjoy!

SERVINGS: 2



THE CARROT SMOOTHIE

INGREDIENTS

1 cup sliced carrots (steamed and cooled)
½ teaspoon finely shredded orange peel
1 cup orange juice
½ tbsp turmeric
¼ tbsp ground ginger
1½ cups ice cubes

DIRECTIONS

Place carrots in a blender. Add finely shredded orange peel, orange juice, turmeric and ginger.
Cover and blend until smooth.
Add ice cubes; cover and blend until smooth.
Pour into glasses and enjoy!

SERVINGS: 3



ALMOND-BERRY SMOOTHIE

INGREDIENTS

⅔ cup frozen strawberries
½ cup frozen sliced banana
½ cup plain unsweetened almond milk
5 tbsp sliced almonds, divided
¼ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp vanilla extract
¼ cup blueberries
1 tbsp unsweetened coconut flakes

DIRECTIONS

Blend strawberries, blueberries, banana, almond milk, 3 tablespoons almonds, cinnamon, cardamom and vanilla in a blender until very smooth.

Pour the smoothie into a glass and top with blueberries, add the remaining 2 tablespoons almonds and coconut if desired.

SERVINGS: 1



MANGO SMOOTHIE

INGREDIENTS

2 cups frozen mango chunks
¾ cup carrot juice
1 tsp chopped fresh ginger
1 tsp honey
1 pinch nutmeg
3 cups ice cubes

DIRECTIONS

Place mango, carrot juice, ginger, honey, nutmeg and ice cubes in a blender.

2. Blend on high until very smooth, 2 to 3 minutes.

SERVINGS: 1



BERRY-KEFIR SMOOTHIE

INGREDIENTS

1 cup low-fat plain kefir
1 cup frozen berries of your choice
¼ cup orange juice
1 tbsp honey

DIRECTIONS

Combine kefir, berries, juice and honey in a blender. Blend until smooth. (The smoothies will keep in the refrigerator for up to 1 day or in the freezer for up to 3 months.)

SERVINGS: 2



PINEAPPLE DETOX SMOOTHIE

INGREDIENTS

1 cup plain coconut water
1 cup frozen diced pineapple
¼ cup blueberries
1 cup packed baby spinach
½ tsp grated fresh ginger
1 cup ice

DIRECTIONS

Combine coconut water, pineapple, spinach, blueberries, ginger and ice in a blender.

Blend until smooth and frothy.

SERVINGS: 2



BERRY OATMEAL SMOOTHIE

INGREDIENTS

½ cup water
⅓ cup quick cooking rolled oats
½ cup coconut milk
¾ cup strawberries
½ cup pitted cherries
1 tbsp peanut butter
1 tbsp honey
½ cup small ice cubes

DIRECTIONS

In a medium bowl combine water and oats. Microwave 1 minute.

Stir in ¼ cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes.

In a blender combine oat mixture, the remaining ¼ cup milk, strawberries, cherries, peanut butter, and honey.

Cover and blend until smooth, scraping container as needed.

Add ice cubes; cover and blend until smooth.

SERVINGS: 3



GARLICKY GREEN SMOOTHIE

INGREDIENTS

1 cup baby spinach
1 medium zucchini, chopped
1 stalk of celery (chopped)
2 tbsp parsley
2 cloves garlic, peeled
2 cups purified water

DIRECTIONS

Place the spinach, zucchini, parsley, celery, garlic, and 1 cup water in a blender and blend until thoroughly combined.

Add remaining water while blending until desired texture is achieved.

SERVINGS: 2



MONSTER GREEN SMOOTHIE

INGREDIENTS

1 cup apple juice
1 tbsp olive oil
2 cups spinach or kale chopped
½ cup cucumber peeled and coarsely chopped
1 apple cored and coarsely chopped
⅔ cup frozen cranberries
1 tsp lemon juice
2 tbsp ground flax seed
1 tsp ground ginger
1 tsp turmeric
2 cloves garlic (peeled and finely chopped)
½ tsp fresh oregano finely chopped
dash cinnamon

DIRECTIONS

Add ingredients to the blender and blend for 30 seconds or to desired consistency.

Drink immediately.

SERVINGS: 2



AVOCADO GARLIC SMOOTHIE

INGREDIENTS

2 garlic cloves
½ cup of avocado
½ cup of cucumber
½ cup of spinach
¾ cup of green apple
½ cup ice

DIRECTIONS

Add ingredients to blender
Add ice as desired
Blend until smooth

SERVINGS: 1



DELICIOUS GRAPE SMOOTHIE

INGREDIENTS

1 tbsp peanut butter
2 cups frozen seedless grapes
1 banana, sliced
1 apple (peeled, cored, diced)
½ cup low-fat Greek yogurt
½ cup almond milk
Ice as desired

DIRECTIONS

Place ingredients in a blender and blend until smooth.
Add ice and blend if desired

SERVINGS: 1



SIMPLY GRAPE SMOOTHIE

INGREDIENTS

½ cup. plain greek yogurt
1 cup red seedless grapes
1 cup green seedless grapes
2 cups ice

DIRECTIONS

Add yogurt and grapes to blender
Blend until smooth
Add ice intermittently
Blend to desired consistency

SERVINGS: 2



FRUITY CAYENNE SMOOTHIE

INGREDIENTS

1 cup coconut milk
1 cup frozen mango chunks
1 cup frozen strawberries
½ cup blueberries
½ teaspoons cayenne

DIRECTIONS

Combine ingredients in a blender
Blend until smooth

SERVINGS: 1

CONCLUSION

As you can see, smoothies are a great way to get the nutrients you need in one meal. They make it easy to sneak more vegetables and other goodies into your diet without much fuss.



There are so many delicious combinations you can create to ensure you get what your body needs to curb inflammation and so much more! By adding a smoothie to your daily habit, you can enjoy different flavors that you may one day try on their own. Or you can merge more subtle foods – such as avocado or chia seeds – so they are barely noticeable. However, you still get the healthy boost you are seeking.

Embrace new tastes and experiment with smoothie textures. Not only will you be exploring a whole new world, your body will be celebrating its new health. It's easy to whip one up before bed, then blend it quickly just as you are heading out the door in the morning. You have no excuses. Go and enjoy!



RESOURCES

1. <https://www.healthline.com/health/chronic-inflammation>
2. <https://www.bhg.com/recipes/drinks/smoothies/anti-inflammatory-smoothie-ingredients/>
3. <https://lemonsandzest.com/anti-inflammatory-blueberry-smoothie/>
4. <https://www.everydayhealth.com/multiple-sclerosis/anti-inflammatory-foods-ms/#>
5. <https://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/anti-inflammatory-smoothie-ingredients>
6. <https://www.medicalnewstoday.com/articles/322693#>
7. <https://simplegreensmoothies.com/recipes/anti-inflammatory-smoothie-recipe>
8. <https://24carrotkitchen.com/category/smoothie/>
9. <https://www.jaroflemons.com/turmeric-pineapple-kiwi-kale-smoothie/#wprm-recipe-container-11539>
10. <https://www.thehungrybites.com/super-foods-detox-smoothie/>
11. <https://paindoctor.com/recovery-smoothie-recipe/>
12. <https://easyhealthysmoothie.com/anti-inflammatory-smoothie-recipes/>
13. <http://www.eatingwell.com/recipes/17989/drinks/smoothies/>
14. <https://www.kroger.com/r/green-garlic-smoothie-recipe/171406>
15. <https://torontogarlicfestival.ca/green-monster-smoothie/>
16. <https://allnutribulletrecipes.com/avocado-cucumber-green-drink-garlic/>
17. <https://www.epicurious.com/recipes/food/views/peanut-butter-and-grape-smoothie-51257370>
18. <https://triedandtasty.com/simple-grape-smoothie/>
19. <https://thefeedfeed.com/dishbeautiful/mango-cayenne-smoothie>

