

ANTI INFLAMMATORY SMOOTHIE



Karthein's

ORGANIC • BIOLOGIQUE

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2 servings

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1 ONE SIMPLE STEP

- 400 ml water
- 2 tbsp fresh lemon juice
- 1 tbsp fresh ginger, minced
- ¼ - ½ tsp turmeric powder
- 2 cups fresh mango chunks
- 2 cups frozen pineapple chunks
- 2 tbsp KARTHEIN'S TRADITIONAL SAUERKRAUT
- 1 tsp apple cider vinegar
- 2 tbsp maple syrup (or 4 dates)

1. **Combine all ingredients in a blender and blend until smooth**

