

Anti-inflammatory smoothie



This anti-inflammatory smoothie combines mango, goji berries, coconut and pineapple.

Ingredients (serves 2)

- Water and flesh from one coconut
- 1 cup brewed green tea, chilled
- 1 cup chopped pineapple
- 1 tbsp goji berries
- ½ tsp fresh or ground turmeric
- ½ cup chopped mango
- 1 tsp chia seeds

Method

Blend for one minute and top with extra goji berries and shredded coconut.

Recipe from Adele at [Veggie Head](#).