

CHEMISTRY CACHET'S ANTI-INFLAMMATORY SMOOTHIE

*Fights inflammation, boost mood,
energizes!!*

• INGREDIENTS •

- 1 cup of unsweetened vanilla almond milk
- 1 cup of alkaline water
- 1 scoop of plant based protein powder
- 2 tsp lemon powder (or 1/2 lemon peel)
- 1/2 frozen banana
- 1 pitted date
- 1 tsp cinnamon
- 1 tablespoon ground Flax seeds
- 1 cup loosed packed spinach
- 1 scoop super food greens

VARIATIONS

1



1 cup fruit of choice
(change depending on season or
preference)

2



Cocoa powder if using
chocolate protein

3



Add unsweetened coconut flakes with
coconut milk if using pineapple, mango,
or other tropical fruit.



Full Recipe:
chemistrycachet.com