

Anti-Inflammatory Green Smoothie

Ingredients:

- 1 cup kale
- 1 cucumber
- 1 small green pear
- 1 teaspoon fresh turmeric (or ½ tsp powder)
- 1 slice fresh ginger
- 1 dash black pepper
- 1 cup water or aloe vera juice

Instructions:

1. Blend everything until smooth.
2. Serve immediately or chill.

Benefits:

Cucumber: Hydrating and cooling for tissues.

Turmeric & ginger: Powerful anti-inflammatory duo.

Kale: Rich in antioxidants.