

Smooth(ie) Option for Anti-Inflammation



- 1 Tbls flaxseed
- 1 cup fresh baby spinach
- 1 cup fresh pineapple
- 1 cup fresh or frozen blueberries
- 1 1/2 cups fresh orange juice

Put flaxseed in the blender first and process on high until it is a fine powder.

Add the rest of the ingredients and blend until smooth.