

Smoothie to beat inflammation #2

Ingredients:

1 cup ice cubes

1/4 cup pomegranate juice

1/2 banana

1/2 avocado

1 cup blackberries

1 tbsp chia seeds

Method:

In your blender first put in the ice and pomegranate juice then add all the other ingredients and blend well.

This smoothie can be frozen and used as ice cream!

As an added nice social activity, make a list and go for a shopping trip together to buy the ingredients.

