

Blueberry Mint Spinach Smoothie

balances pitta dosha

servings: 2

Betty Brown, Clinical Ayurvedic Specialist

Ingredients

1 cup Fresh Organic Blueberries

1 cup Organic Spinach Leaves

1 Tablespoon Organic Fresh Mint leaves

1 cup Coconut Water or plain water

1/4 teaspoon real vanilla extract

Pinch of each spice: ground cardamom, ground cinnamon, ground nutmeg, ground ginger

Method

1. Add all ingredients in a blender, and blend until smooth.
2. Serve at room temperature, enjoy!

Note:

Smoothies are a nice treat in the summer using ingredients that pacify Pitta dosha. Choose ingredients with cooling qualities to balance the heat of Pitta dosha.

All of these delicious ingredients are rich in flavonoids, polyphenols, vitamins, minerals, and fiber. These phytonutrients are essential for our general health and offer the building blocks necessary to prevent cellular damage, promote cellular repair and regeneration.

Here are few benefits phytonutrients offer:

- improve overall liver health,
- anti-diabetic,
- anti-inflammatory,
- antioxidant,
- anti-hypertensive,
- anti-cancer,

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- antihyperlipidemic,
 - support memory and ability to focus,
 - protects the gastrointestinal tract,
 - supports digestion,
- *(1,2,3,4,5)

References

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