

Ginger Turmeric Lime Smoothie

During cold and flu season, daily [exercise](#) and good [sleep](#) are essential! Boosting nutrient-dense whole foods with concentrated antioxidants and phytochemicals, like turmeric, ginger, and lime can also help keep your immune system functioning at its best! I often cook with kale, but if it's about to expire, I'll put it back in the original bag it came in and store it in the freezer to add to smoothies later. I make this [green smoothie](#) on nights I don't want to cook and usually serve it with something small, like an apple with [peanut butter](#), a slice of toast with [pesto](#), or some cottage cheese.

Ginger Turmeric Lime Smoothie



Ingredients:

- 4" piece fresh ginger root, peeled
- 2" piece fresh turmeric root, peeled

- 8 ounces filtered water
- 1 scoop whey protein powder
- 1 small fuji apple, diced
- 1 1/2 cups pre-washed kale, chopped
- 1 whole lime, peeled and cut in 4 parts
- a few ice cubes

Directions:

1. Juice the ginger and turmeric root.
2. Add juice and all remaining ingredients to a blender and puree until smooth.

Makes 1 serving.

Nutrition facts: 245 calories; 3 g fat; 24 g protein; 37 g carbohydrates; 7 g fiber