

A decorative border of various dried flowers and herbs surrounds the text. The flowers include purple and white clusters, yellow and orange dried petals, and green leafy sprigs.

# Anti-inflammatory Mango, Turmeric & Ginger Smoothie Bowl

## INGREDIENTS

1 orange, peeled and pith removed  
½ cup frozen mango  
½ cup frozen pineapple  
½ frozen banana  
1 cup coconut milk  
½ cup ice  
2 tsp grated ginger root  
1 tsp grated turmeric root or powder  
¼ tsp cinnamon  
2 tsp almond butter  
1 scoop collagen powder  
(Planet Paleo original)

## METHOD

Combine all ingredients in a blender and blend until smooth. Pour into your favourite bowl and top with delicious toppings such as granola and berries.

You can make this a vegan smoothie by eliminating the collagen powder.

## BENEFITS

This recipe is perfect for a hot summer's day and it contains lots of anti-inflammatory foods which are great for reducing the pain and swelling in rheumatoid arthritis. In particular the ginger, turmeric and pineapple as they all contain anti-inflammatory ingredients.

The collagen powder is also very good for helping to strengthen joints and is great for gut support too.

**JUST FOR TUMMIES**  
*Health Begins Within*