

## Anti-Inflammatory Smoothie

### Ingredients:

- 1 can (13.3 oz or 402 ml) unsweetened coconut milk
- 1/2 cup ice
- 1/4 teaspoon ground ginger
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt
- Pinch of black pepper
- 2 tablespoons sweetener of choice
- 1 teaspoon fresh lime or lemon juice

### Instructions:

1. Place all ingredients in a blender.
2. Blend until creamy and smooth.
3. Serve and enjoy!

### Nutritional Information (Per Serving):

- **Calories:** 99.41 kcal
- **Total Fat:** 7.75 g
- **Saturated Fat:** 6.84 g
- **Total Carbohydrate:** 7.44 g
- **Dietary Fiber:** 2.26 g
- **Total Sugars:** 0.59 g
- **Protein:** 0.33 g
- **Cholesterol:** 0 mg
- **Trans Fat:** 0.001 g
- **Sodium:** 20.46 mg