

Anti-Inflammation Nopal Smoothie

Ingredients:

- 1 cup filtered water
- 1/2 nopal paddle, preferably frozen
- 1 celery stalk (include leaves if desired), strands removed
- 1 cup fresh pineapple chunks

Instructions:

1. Prepare Ingredients:

- If using fresh nopal, wash thoroughly and remove any spines. If frozen, ensure it is partially thawed for easier blending.
- Remove the strands from the celery stalk and chop it into smaller pieces.
- Cut fresh pineapple into chunks, measuring about one cup.

2. Blend:

- Add the filtered water, nopal paddle, celery, and pineapple chunks into a blender.
- Blend on high until smooth and all ingredients are fully incorporated.

3. Serve:

- Pour the smoothie into a glass and enjoy at any time of the day.

Note: Be cautious not to overuse nopal, as it may cause diarrhea if consumed in large quantities.