

Green Smoothies with Detroit Abloom

Today's Ingredients

Fresh Ginger

Soaked dates

Approx. 2 cups frozen fruit (mango and mixed berry)

Approx. 2 cups frozen kale

Approx. 2 T Hemp Seeds

Approx. 2 T Moringa powder

Flax seed oil

Water

Ginger

Cleanses the liver and helps blood circulate through the body. It reduces inflammation in the gut that stems from candida overgrowth. Ginger is loaded with nutrients that can bring powerful benefits to your body and brain. It has antioxidant, antiviral, and anti-nausea properties. It also contains a compound called gingerol that can help expand your blood vessels to facilitate blood circulation.

Dates

Dates, which are sugar-rich, often get a bad rap. But because their sugar has a low glycemic index, it has a mild impact on blood sugar. Their incredible nutrition profile and abundant fiber help us stay healthy. Packed with nutrients, antioxidants and fiber, dates support heart and brain health and promote better digestion. The antioxidants in dates reduce chronic inflammation which protects us from cancer, high blood pressure and diabetes.

Flaxseed Oil

This is the richest source of all-important plant-based Omega-3 fatty acids. Flaxseed has health benefits related to the heart, cancer, prostate, inflammation, digestion and osteoporosis. Flaxseed oil acts as a natural laxative in your digestion. It helps the body detoxify and eliminate properly, which also helps with weight control.

Hemp Seeds

Hemp hearts are an excellent source of nutrients, especially unsaturated fatty acids and essential amino acids. The health benefits of hemp seeds include their ability to alleviate constipation, support cardiovascular health, improve skin issues and ameliorate gastrointestinal diseases.

Moringa Powder

Often called the "Tree of Life," or "Miracle Tree," moringa powder is rich in antioxidants and nutrients that help protect the liver. It is also rich in vitamin C that helps fight inflammation and lower cholesterol.

Other Possible Ingredients

MCT Oil

Maca Powder

Matcha Powder

Fresh Turmeric

Flavorless Collagen Peptides