

Spicy Tomato Smoothie

What You'll Need

- › 8-12 cherry tomatoes
- › 1 tsp fresh ginger
- › 1/2 tsp curry powder
- › 1-2 tsp chia
- › 2 tsp raw honey
- › Sea salt (or table salt) and pepper to taste
- › Extra water to adjust consistency



Directions

Place all the ingredients in a blender and blend. Chill, if desired.

Tip 1: Freeze half the tomatoes to create a chilled smoothie right away. Extra water can be added to adjust consistency to your preference. If your blender can handle ice, then this can be added, instead of water, to create a chilled smoothie instead of freezing some tomatoes.

Tip 2: Smoothies are a great way to add extra nutrients. Experiment with other vegetables such as carrots, spinach or celery to make this to your liking. A neutral-flavored, unsweetened, protein powder can be added to make this a perfect smoothie for after a workout.