

Spicy Tomato Smoothie



This is a powerhouse smoothie. A unique combination of the superfoods chia and ginger paired with the full flavor of rich tomatoes. Serve as a snack or as part of any meal.

Timing

Prep time
10 mins

Total time
10 mins

Skill level
Easy

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.