

# Strawberry Ginger Zinger

*\*from [simplegreensmoothies.com](http://simplegreensmoothies.com)*

*Strawberries aren't just delicious, they are full of antioxidants and have more Vitamin C than an orange. Ginger has anti-inflammatory properties as well as aiding in digestion, detoxification, and may alleviate pain. Serves 2*

## Ingredients

- 2 cups almond milk
- 2 cups baby spinach
- 2 cups strawberries
- 1 banana
- 1 lime

## Directions

1. Blend spinach and almond milk until smooth.
2. Add remaining ingredients, and blend until smooth.

*\*Use at least one frozen fruit to make the green smoothie cold.*

*\*Any berry can be substituted here - blackberries are particularly nice. Don't like ginger? You can leave it out or add another favorite spice, like cinnamon.*

