

Pineapple Enzyme Banana Smoothie for Happy Sinus

Serves: 2
Difficulty: Super Easy – Only need a blender
Prep Time: 10 Minutes
Cook Time: N/A

Ingredients

1 Cup fresh squeezed orange juice - *I toss the whole orange (no peel or seeds) into the [Vitamix](#)*
1 Cup fresh chopped pineapple - *I keep chopped pineapple in the freezer*
1 frozen banana - *if raw, you will need to use ice*
1/2 cup fresh papaya or kiwi - *I use kiwi, also frozen or fresh*
1.5 cups coconut water ice - *tap can be used too, but I suggest just keeping coconut water frozen as ice cubes in the freezer*
2 Tbsp fresh squeezed lemon juice
1 tsp cayenne
optional: fresh **grated ginger**

I also add a little a little protein since me and fast burning sugars are not exactly friendly.

2 T ground flaxseed OR 2 T hemp seed OR 2 T chia gel OR 2 t chia seeds

I keep Chia Gel in the fridge. 1 T chia seeds to 1 C tap water. Keep in fridge for up to 2 weeks.

Directions

Throw into your blender and spin to Yum! I had a noticeable clearing of my sinus' the first time I had one of these.

I found this smoothie recipe on the LunchBoxBunch blog. Here is the [link to the original post](#) with full description of the benefits of this smoothie. Enjoy!

Enjoy! Share your comments and suggested twists on the recipe!!