



# BCDI

Black Child Development Institute  
ATLANTA

## Good For Me Smoothie

Inspired by [Dr. Bisa](#)

### Ingredients

- 8 Frozen Strawberries
- 2 Stalks of raw Kale
- 2 cups of fresh Pineapples
- 3 cups of Almond Milk
- A thumb sized piece of raw Ginger
- 2-3 Pitted Dates (optional)

**Instructions:** Place the frozen strawberries and ginger in the blender first, then add the remaining ingredients, pouring the Almond Milk last. Add additional ginger, pineapples and pitted dates to increase the flavor and preferred level of sweetness.

### Health Benefits

<b>Strawberries</b> <ul style="list-style-type: none"><li>● Maintains Eye Health</li><li>● Boosts Immunity</li><li>● Reduces Hypertension</li></ul>	<b>Kale</b> <ul style="list-style-type: none"><li>● Support bone health</li><li>● Contains Vitamin C</li><li>● Protects against heart disease</li></ul>
<b>Ginger</b> <ul style="list-style-type: none"><li>● Reduce Inflammation</li><li>● Treats Nausea and motion sickness</li><li>● Improves brain function</li></ul>	<b>Pineapples</b> <ul style="list-style-type: none"><li>● High in Vitamins</li><li>● Promotes tissue healing</li><li>● Relieves arthritis</li></ul>

Learn more about Good For Me! at [bcdiatlanta.org/health](http://bcdiatlanta.org/health).