Have You Tried These Smoothies for Lupus?

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Delicious Smoothies For Lupus

When you have lupus, each day can be a challenge. Why not make sure you have something to look forward to every day? A delicious smoothie, perhaps?

Smoothies can be exceptionally healthy, making them a great addition to your lupus diet. And what could be an easier breakfast than throwing a handful of ingredients into a blender and pushing a button?

Smoothie Ingredients for a Lupus Diet

Five super healthy ingredients you may not have considered adding to a smoothie:

- **Mint.** Fresh mint is loaded with antiviral medicinal agents. Plus, it adds a burst of intense delight and joy to your morning when it hits your taste buds. Add one tablespoon of fresh mint leaves or, if you're feeling really bold, throw in an entire handful. Your digestive system will love you for it!
- **Currants.** These fruits are not that popular, but don't let that fact stop you from eating them. Currants are high in anthocyanins, powerful antioxidants that also reduce inflammation. Anthocyanins have been found to be effective against H. pylori and Candida albicans infections. Currants taste similar to raisins, although they aren't as sweet. Add a tablespoon of them to your smoothie recipe.
- **Ginger powder.** Ginger has strong anti-inflammatory actions in the body, so why not use it in your smoothie recipe? If you're not used to the taste of ginger, start with only ¼ teaspoon ginger powder in your smoothie.
- **Cranberry juice.** Studies show that cranberry juice could reduce dental plaque from bacterial buildup. The problem with dental plaque is that the bacteria causing the plaque aren't just staying on your teeth — they're traveling throughout your bloodstream and landing in your arteries. When you have lupus, it's important to do everything you can to prevent anything from seeding an infection in the body. Add ¼ cup cranberry juice to your smoothie.
- **Hot peppers.** If you're coming down with a cold, drinking a smoothie with a shot of hot pepper in it could be enough to not only get you propelled into action, but also to increase circulation and stimulate the production of cells that protect you from invaders. If the raw hot pepper is too much, try removing all the seeds from the pepper, or use 1/8 teaspoon crushed red pepper instead.

How to Use These Ingredients

1. Add mint to any fruit smoothie.
2. Add currants to any yogurt or milk-based smoothie.
3. Add ginger powder to any green-based smoothie.
4. Add cranberry juice to any smoothie that is too sweet, as it will bring down the level of the sweetness.
5. Add hot peppers to any yogurt or milk-based smoothie as the milk will calm down the taste buds after the heat rush from the peppers.

Why not give one of these ideas a try this week?