DRINKS & SMOOTHIES

Try this Iron-Boosting Green Smoothie for Anemia & Blood Building

By bestfolkmedicine · 13/05/2020 · 1 min read

Contrary to what was once a common thought, nowadays, most people are that iron isn't just present in animal products, but in numerous plant ones too.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

One such plant-based amazing source of this essential nutrient is this green smoothie which is made with some stunning ingredients and we had to show you how it's made and why it's awesome for your health.

All of them work together to keep the iron levels high and to maximise its absorption by the body. Combining foods rich in iron with foods that are abundant in vitamin C is what ensures a maximum absorption.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Iron is a trace mineral which the body needs for numerous processes, including the blood formation, the regulation of cell growth, the activation of the enzymatic reactions, and as a mediator for the synthesis of collagen.

Knowing the importance of this mineral, get the most from this smoothie starting today!

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Homemade Iron-Rich Green Smoothie Recipe

Here's what you'll need:

5 kiwis, ripe and peeled

2 cups of spinach or other leafy green

A cup of cucumber, chopped

A cup of mango

A cup of freshly squeezed orange juice

¼ cup of goji berries, soaked

Preparation:

Put all of the ingredients in a blender and blend them for 2 to 3 minutes at high speed. Make sure you get a homogeneous mixture.

Transfer it in a glass and drink it right away-enjoy!

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Know someone who will love this recipe? Don’t forget to send them the link!

Sources:

LIVE LOVE FRUIT

TEA FOR TURMERIC

COPY ME THAT

Read online: https://bestfolkmedicine.com/2020/05/try-this-iron-boosting-green-smoothie-for-anemia-blood-building/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.