

Pineapple Turmeric Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Pineapple (diced into chunks)
1 1/2 tsps Ginger (peeled and grated)
1/4 cup Vanilla Protein Powder
1/2 tsp Turmeric (powder)
1 1/2 tsps Coconut Butter
1 tbsp Chia Seeds

DIRECTIONS

01 Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.

NUTRITION

AMOUNT PER SERVING

Calories	317	Potassium	467mg
Fat	12g	Vitamin A	595IU
Carbs	33g	Vitamin C	79mg
Fiber	9g	Calcium	655mg
Sugar	17g	Iron	3mg
Protein	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	123mg
Sodium	204mg	Zinc	2mg