

Turmeric Ginger Colada Smoothie

If you are missing the sunshine why not bring in your own sunshine and feeling of the tropics with this gingery turmeric smoothie, it's packed with fresh pineapple and banana, for a healthy, refreshing drink that tastes just like a pina colada.

This is the perfect smoothie with anti-cancerous properties, potent anti-inflammatories, as well as anti-viral, anti-bacterial and anti-fungal properties by adding golden turmeric. Turmeric has a lightly bitter taste, but you won't even notice it in this delicious recipe that will have you smiling all day. 😊

- 1 cup almond or coconut milk
- 1/2 cup fresh or frozen pineapple chunks
- 1 fresh or frozen banana
- 1 tablespoon coconut oil
- 1 inch piece fresh turmeric or 1 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1 inch piece of fresh ginger peeled or 1/2 teaspoon ginger
- 1 teaspoon chia seeds
- 1 teaspoon maca (optional)



Recipe note:

You want a breakfast idea?

This recipe is best consumed in the morning on an empty stomach. Not only will it increase your energy for the first half of the day, but it will clear your mind and infuse your body with some of the most powerful antioxidants.