

Pineapple Turmeric Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

1. 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.

Ingredients

- | | |
|----------------|-------------------------------|
| 2 cups | Unsweetened Almond Milk |
| 2 cups | Pineapple (diced into chunks) |
| 1 tbsp | Ginger (peeled and grated) |
| 1/2 cup | Vanilla Protein Powder |
| 1 tsp | Turmeric (powder) |