



Golden Glow Smoothie

SERVINGS: 1 SMOOTHIE

PREPPING TIME: 5 MINS

COOKING TIME: 0 MINS

INGREDIENTS

1/2 cup unsweetened almond milk
1 cup pineapple chunks (fresh or frozen)
1/2 banana
1/2 tsp. turmeric
2/3 tsp. ginger (fresh or ground)
1 tbsp. flaxseeds
1/2 tbsp. honey
1 scoop protein powder (if you prefer
not to use protein powder, you can
substitute with greek yogurt, silken tofu,
white beans, etc.)
Pinch of ground cinnamon

DIRECTIONS

1. Add all ingredients to a blender and blend until smooth and creamy.
2. If the smoothie is too thick, add more almond milk or water to adjust the consistency.
3. Pour into a glass and enjoy!

NUTRITION

Serving size: 1 smoothie
(per serving) 366.6 calories, 6.7g fat, 0.9g saturated fat, 1.6mg cholesterol,
180mg sodium, 52.8g carbohydrate, 7g fiber, 36.4g sugar, 28.1g protein