

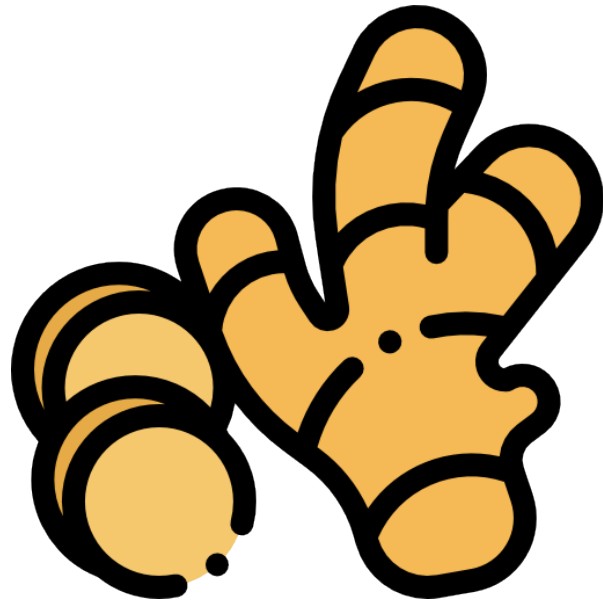
# **Recipe: Turmeric Protein Smoothie**

Turmeric has been used for thousands of years in Ayurvedic medicine. Known for its anti-inflammatory properties, turmeric is known to heal multiple ailments and improve overall health and vitality. Western medicine and research is recognizing turmeric for its ability to fight cancer. The compound in turmeric known as curcumin has been found to be the active ingredient which has a very strong antioxidant effect.

Adding a smoothing to your regimen is an easy way to get more greens and superfoods into your diet. Try this smoothie for breakfast and spice up your life with some turmeric!

## **Ingredients**

- 1 ½ cups of coconut milk
- 1 scoop plant-based protein
- 1 tsp organic turmeric powder
- 1 tsp chia seeds
- 1 banana
- ½ cup frozen pineapple chunks
- ½ tsp cinnamon
- ½ tsp ground ginger



## **Directions**

Combine all the ingredients in a blender starting with the liquids and powders first. Blend and enjoy!!!

Source: [www.luckyvitamin.com](http://www.luckyvitamin.com)