

## **Fruity Turmeric Adaptogen Smoothie**

I incorporate turmeric in either powder or fresh root into my daily smoothie. Curcumin is adaptogenic and a good anti-inflammatory, making it valuable for pain, depression, and stress.

### **INGREDIENTS**

- ½ c. frozen pineapple or mango
- 1 fresh banana
- 1 c. milk (hemp or coconut milk)
- 1 tbsp. coconut oil
- ½ tsp. turmeric, fresh
- ½ tsp. cinnamon
- ½ tsp. ginger, fresh
- ¼ tsp. ground black pepper
- 1 tsp. chia seeds
- 1 tsp. green tea powder (optional)
- ¼ c. goat yogurt (optional)
- 1 tsp. raw honey or 10 drops of liquid stevia (optional)

### **DIRECTIONS**

Add ingredients to a blender in the following order: frozen fruit, banana, milk, oil, spices, and remaining ingredients.