

Golden Garden Tamarind Smoothie

A refreshing, mineral-rich smoothie that balances hydration, gentle fiber, and bright tropical acidity for digestion, skin, and steady energy.

Ingredients

- Coconut water
- Shredded zucchini
- Banana
- Cantaloupe
- Tamarind paste (small amount)
- Flax seeds
- Collagen powder (optional)

Why This Blend Works

This smoothie pairs high-water fruits and vegetables with soluble fiber and electrolytes to support hydration and digestion. Tamarind adds a bright, digestive-supporting acidity that balances the natural sweetness of banana and cantaloupe, while zucchini blends seamlessly for added fiber. Flax seeds support gut health and hormone balance, and collagen enhances skin and joint support.

Benefits

- Deep hydration and electrolyte replenishment
- Digestive and gut support
- Skin, joint, and connective tissue nourishment
- Natural energy with balanced blood sugar
- Light detox and anti-inflammatory support

Best enjoyed chilled as a morning refresher or post-movement hydration ritual.