

Carrot Ginger Turmeric Smoothie

Makes: 1

Prep time: 1 minute

Cook time: 2 minutes

INGREDIENTS:

1/2 banana, frozen

1/4 tsp ground turmeric

1/4 cup grated carrots

1 knob fresh ginger root

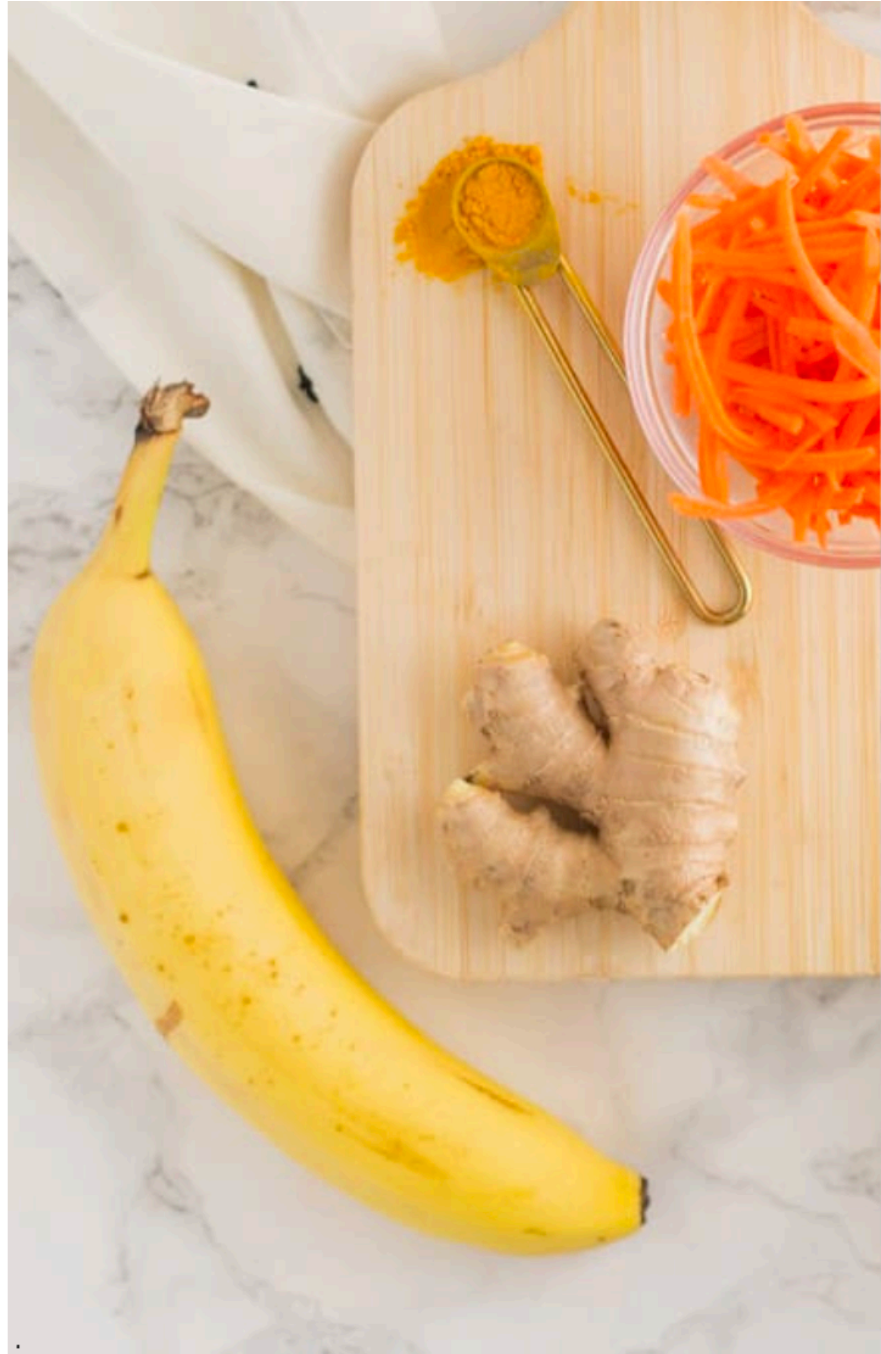
2 scoops vanilla protein powder

1 tbsp almond butter

1 tbsp hempseeds

Handful spinach

Ice/water to blend



Serving size: 1 smoothie

INSTRUCTIONS:

1. In a high powered blender, combine all ingredients and blend until smooth.
2. Enjoy immediately!