

Blueberry Turmeric Smoothie

Servings: **2**

Prep Time: **5 MIN**



INGREDIENTS

- **2 cups** unsweetened almond milk
- **2** frozen bananas
- **1 cup** frozen blueberries, rinsed
- **1/2 cup** ice cubes
- **2 teaspoons** minced fresh ginger
- **1/2 teaspoon** minced fresh turmeric

INSTRUCTIONS

- 1** In a blender, puree almond milk, bananas, blueberries, ice, ginger and turmeric until smooth.
- 2** Divide between 2 glasses.

Variations: Sweeten with honey if desired.
Boost with chia, hemp or ground flax seeds.

