

Pineapple Turmeric Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	204	Carbs	26g
Fat	3g	Protein	21g