

Golden Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Lite Coconut Milk
- 1 cup Frozen Pineapple
- 1/2 Banana (frozen)
- 1/2 Zucchini (chopped and peeled, frozen)
- 1 1/2 tsps Ginger (fresh, minced)
- 1 tsp Turmeric

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	314	Carbs	44g
Fat	16g	Protein	3g