



# MANGO

## *Turmeric Smoothie Bowl*



### INGREDIENTS

- ½ cup fresh mango
- 1 banana
- ½ cup probiotic yogurt
- ½ cup fresh orange juice
- 1 sachet Jamaica Mountain Peak Ginger Turmeric Tea, With No Added Sugar
- 1 teaspoon vanilla extract

### TOPPINGS

- 1 tablespoon granola
- Coconut chips
- Sliced Strawberrie

### INSTRUCTIONS

Place mango, banana, yogurt, and orange juice in a blender. Mix well until you get a smooth mixture. Add vanilla and turmeric and mix again.

Add a tablespoon or more water if the mixture is too thick.

Pour the mixture into the bowl. Decorate with toppings.

Serve immediately