



Creamy Tropical  
Turmeric

# Smoothie



## INGREDIENTS

- 2 bananas fresh or frozen
- 2 cups frozen mango
- 2 cups coconut milk
- 2 sachets JMP Golden Turmeric Latte (Pumpkin Spice)
- 2 small thumbs ginger
- ½ tsp cinnamon
- Dash of black pepper



EQUIPMENT



Sweet and creamy, this Tropical Turmeric Smoothie is a delicious snack or breakfast and is a perfect afternoon pick me upper!

## DIRECTIONS:

- Add JMP Golden Turmeric Latte powder and all ingredients to a high speed blender and process until smooth.
- Taste and adjust flavours as desired. If it's too thick, add more milk, if it's not thick enough, add an extra handful of frozen fruit.

*Serve & enjoy!*

**NOTES:**

If using frozen banana, add an additional 1/4 cup coconut milk to thin.

Feel free to add some protein powder or almond butter for protein and fats.

Use any type of non-dairy milk for this recipe.

