



## **TUMERIC BERRY BANANA SMOOTHIE**

**SERVES: 1**

### **INGREDIENTS**

- 1 cup unsweetened almond milk
- 1 cup frozen organic wild blue berries, or any berries of your choice
- 1 frozen banana, sliced
- ¼ inch piece of fresh ginger (peeled and sliced) I personally add ½ inch piece
- ¼ inch piece of fresh turmeric (peeled and sliced) again I add ½ inch piece
- ¼ teaspoon ground cinnamon
- ½ teaspoon chia seeds
- ½ teaspoon flax seeds
- 1 cup fresh baby spinach

### **INSTRUCTIONS**

Place all ingredients in the blender and blend for several minutes until very smooth. Pour into a glass and drink up. Enjoy!