GOLDEN SUNRISE SMOOTHIE

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GOLDEN SUNRISE SMOOTHIE

INGREDIENTS

- 1 medium ripe banana
- ½ cup chopped pineapple
- ½ cup mango chunks
- ½ inch fresh ginger, peeled
- ½ teaspoon turmeric powder
- ¼ teaspoon ground cinnamon
- 1 tablespoon unsweetened shredded coconut
- ½ cup unsweetened almond milk
- 1 tablespoon chia seeds
- Ice, as desired

Nutrition Information

Serving Size: 1 cup (8 oz)

Calories: 155; Total Fat: 5g; Saturated Fat: 1.8 g; Cholesterol: 0mg; Sodium: 45mg; Carbohydrate: 28g; Fiber: 5g; Sugar: 17g: Added sugar: 0g; Protein: 2.5g.

The average adult may have 1 serving or 1 cup
NB: Individual needs may be higher or lower.

METHOD

1. Combine all ingredients in a blender.
2. Blend until smooth. Serve immediately.

Notes for recipe modification:

- Coconut milk may be used instead of almond milk.
- More almond milk or coconut milk can be added for a thinner consistency.
- For a thicker consistency add more ice.

NB ***Nutrient values will change with recipe modification.***