



Spicy Turmeric & Ginger Smoothie

INGREDIENTS

- 1 ½ cups any dairy or non-dairy milk
- 1 cup fresh pineapple chunks
- 1 teaspoon (or to taste) ginger; freshly grated or powdered
- ¼ teaspoon (or to taste) turmeric; freshly grated or powdered
- 2 hands full fresh arugula
- 1- 2 scoops unflavored protein powder of your choice

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1 at approximately 300 calories.