



COOK TIME: 5 MIN

PREP TIME: 2 MIN



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## Ingredients

- ½ cup frozen mango
- ½ cup frozen pineapple
- 1 medium banana
- ¼ teaspoon turmeric
- ½ cup milk of choice

## Tropical Turmeric Smoothie

### Directions

1. Place all ingredients into a blender and blend until smooth. If smoothies are too thick to blend, add more liquid until desired texture is reached.

Turmeric is known to help fight inflammation.<sup>7</sup> Throw in some tropical ingredients and you have a tasty treat.

**Pro tip:** Freezing bananas for smoothies helps make the consistency creamier.

**Yield:** 1 large serving or 2 small servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

## References

1. Rutkove SB, et al. *Muscle Nerve*. 1998;21:1414-1418.
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7. Gupta SC, et al. *Clin Exp Pharmacol Physiol*. 2012;39(3):283-299.
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