



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.⁷ 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

References

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7. Gupta SC, et al. *Clin Exp Pharmacol Physiol*. 2012;39(3):283-299.
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