

Anti-Inflammatory Turmeric Smoothie

Ingredients

¼ cup plain yogurt
½ banana
¼ cup milk of choice
1 cup frozen pineapple
2 teaspoons turmeric
⅛ teaspoon coarse ground black pepper
1 teaspoon ginger

Directions

1. Add ingredients to blender.
 2. Blend until smooth.
 3. Add ice to desired texture if needed.
 4. Serve immediately or freeze for later use.
- Enjoy!

Yields - 16 oz.

Calories: 284
Fiber: 4.8 g

Fat: 2.9 g
Protein: 6 g

Sodium: 94 mg

CHO: 59.1 g

