



Mango Turmeric Smoothie

Serves one

- ¾ cup frozen mango chunks
- ¾ cup cubed papaya or bananas or berries
- 1 small piece peeled fresh ginger
- 1 small piece peeled fresh turmeric or ¼ tsp. ground
- 1 cup coconut or almond or regular milk
- Sweetener of choice (optional)

Place all of the ingredients in a blender and blend until smooth.

Enjoy!

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