

Turmeric Smoothie

1 can unsweetened coconut milk - 13.3 oz or 402 ml of coconut milk
1/2 cup ice
1/4 teaspoon ground ginger
3/4 teaspoon ground turmeric
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
Pinch of salt
Pinch of black pepper
2 tablespoons sweetener of choice
1 teaspoon of fresh lime or lemon juice

Place all ingredients in a blender and blend until creamy.

Serve and enjoy!

Calories 99.406 kcal, Fat, Total 7.745 g, Saturated Fat 6.844 g, Sugar, Total 0.593 g, Total Carbohydrate 7.440 g, Dietary Fiber 2.26 g, Protein 0.330 g, Cholesterol 0.000 mg, Trans Fatty Acid 0.001 g, Sodium 20.455 mg,

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