



Golden Smoothie

Serves: 1

Ingredients

1 cup almond milk
1 banana, chopped and frozen
½ cup raw cauliflower
1 Tbsp flax seed
1 Tbsp almond butter
½ cup of spinach
1 tsp turmeric
1 tsp cinnamon
½ inch piece of ginger
½ inch piece of fresh turmeric
pinch of sea salt
pinch of black pepper
1 handful of ice

Instructions

1. Add all the ingredients to a high-speed blender and blend until smooth and creamy. Add more almond milk to thin if necessary or desired.