



## Glow-Up Golden Pineapple Smoothie

with Coconut Milk & Turmeric



2-5min



2 Servings

Notes from our dietitian: This creamy golden elixir will have you glowing from the inside out. We're maximizing turmeric's antioxidant and anti-inflammatory benefits by incorporating raw, uncooked powder in a smoothie. Omega-3-rich flaxseeds support skin hydration, and a hefty dose of Vitamin A from mango supports healthy cell turnover. Add this smoothie to your box for a no-hassle, nutrient-packed breakfast, lunch, or snack!

## What we send

- 1 mango
- ¼ oz turmeric
- ¼ oz ground flax seeds
- ½ oz freeze dried bananas
- 2 (4 oz) pineapple cups
- 2 (½ oz) honey
- 13.5 oz can coconut milk <sup>15</sup>

## What you need

- 1 c ice

## Tools

- blender

## Allergens

Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 570kcal, Fat 33g, Carbs 64g, Protein 6g



### 1. Prep mango

Cut skin from **mango**, then carefully cut fruit from pit. Discard pit; cut fruit into 1-inch pieces.



### 2. Add turmeric & flax seeds

Transfer **mango pieces** to a blender. Add **1 teaspoon turmeric** and **all of the flax seeds**.



### 3. Add banana & pineapple

Add **freeze-dried bananas, pineapple and any juices**, and **all of the honey** to blender.



### 4. Add coconut milk

Shake can of **coconut milk** well before opening, then pour coconut milk into blender.



### 5. Add ice

Add **1 cup ice** to blender.



### 6. Blend & serve

Blend **ingredients** on high until smooth and frosty. Pour **smoothie** into glasses, then garnish with **a pinch of turmeric**, if desired. Enjoy!