

Sunrise Smoothie

Cooking Instructions

1. A great way to start the day or boost your nutrient intake any time during the day. Pile all the ingredients into the blender, blend, and enjoy! If the smoothie is too thick or not blending well add either more carrot juice, coconut milk, or water. Pour over ice to chill if desired.

Recipe

- 1 cup frozen pineapple
- 1 orange, peeled
- ½-1 inch ginger root (Usually located close to the tomatoes in the store. Just break off a small piece if you don't want a massive chunk.)
- ½ teaspoon turmeric powder or small piece of turmeric root, like ½ inch (I've only even found the root at health food or Indian grocery stores)
- 1/8 teaspoon or less black pepper (Increases the absorption of the turmeric.)
- 2 Tbsp flax seeds, ground or whole
- ½ cup carrot juice
- ½ cup coconut milk

Grocery List

Produce

- 1 orange
- Small piece ginger root
- Small piece turmeric root

Grocery

- Turmeric powder (if not using root)
- Black pepper
- Frozen pineapple
- Flax seeds
- Carrot juice
- Coconut milk