

## **Sunrise Smoothie**

Makes about 4 servings

1 cup	frozen mango chunks
1/2 cup	pineapple chunks
1	banana, cut into 1-inch chunks
1-1/2 cups	almond milk
1 tablespoon	chopped ginger
2 teaspoons	ground turmeric
1/2 cup	crushed ice
2 teaspoons	honey

Optional garnishes:

Fresh berries, kiwi slices, goji berries, chopped pistachios

Place all ingredients in a blender and process until smooth. Serve cold with desired garnishes.

Note: You can adjust the amount of honey to your sweetness liking.

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