

CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



CHAI TURMERIC SMOOTHIE WITH CARDAMOM

MAKES 2 portions **PREP TIME** 5 minutes

A NOTE FROM CHEF KATE: This delicious smoothie is full of yummy spices - and the essential oils add a huge burst of flavour and joy. The essential oil amounts suggested here are a guideline. Start with a drop of each essential oil, then add a little more if desired – remember, a little goes a long way. The same applies for the dried spices. For a vegan alternative, use non-dairy milk, yoghurt or ice cream.

INGREDIENTS

- 1½ cups Milk of choice
- 1½ cups Yoghurt or vanilla ice cream
- 1 tbsp. Coconut oil, melted
- 2 tbsp. Honey or maple syrup
- 2 tsp. Turmeric powder
- 1 tsp. Cinnamon powder
- 2 drops Young Living Cardamom essential oil
- 1 drop Young Living Cinnamon Bark essential oil
- 1 drop Young Living Black Pepper essential oil
- 1-2 tbsp. Young Living Balance Complete™ powder



METHOD

1. Place all ingredients in a blender and blend on high for 1-2 minutes until well combined. Check to see if more sweetener or liquid is required, add, then blend again.
2. Serve immediately or refrigerate until needed for up to 24 hours.

TIP: For a thicker, milkshake-like consistency, add some ice cubes or use a healthy ice cream. Additionally, try including 1-2 tablespoons of **Young Living's Balance Complete™** to boost the nutrition. Adding a cup of frozen banana or mango pieces also works well.