



TROPICAL SUNSHINE SMOOTHIE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 1

100g frozen pineapple

2 carrots

1 small banana

1 tablespoon of fresh turmeric
chopped (or 1 heaped tsp
ground)

1 tablespoon almond butter

Kefir (amount will depend on
how thick/thin you like it)

1 tablespoon of flaxseed

METHOD

1. In a nutribullet, or similar, add the flaxseed first and grind to a powder.
2. Add the rest of the ingredients and blitz until smooth.