



Pineapple, Coconut & Turmeric Smoothie



Serves
4



Prep Time
5 mins



Cook Time
0

Ingredients

- 1 cup Creative Gourmet Pineapple Pieces
- 1/2 cup Creative Gourmet Coconut Chunks
- 1 cup Creative Gourmet Banana Chunks
- 1/4 -1/2 tsp. turmeric powder
- 1 tbsp. chia seeds
- 1 cup water or coconut water



Products Used In This Recipe

Method

1. Blend on high until smooth and enjoy!