

# Golden Turmeric Protein Smoothie

## Ingredients

- 1 frozen banana
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- 1 scoop vanilla protein powder (plant-based or whey)
- ¾ cup unsweetened almond milk (or coconut milk for richness)
- 1 tablespoon almond butter or cashew butter
- 1 teaspoon freshly grated ginger (or ¼ tsp ground ginger)

- Pinch of black pepper (boosts absorption of turmeric)
  - Ice cubes (optional)
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## **Instructions**

1. Add all ingredients to a high-speed blender.
  2. Blend on high until creamy and smooth (about 45–60 seconds).
  3. Taste and adjust sweetness or spice as needed.
  4. Serve immediately. Optional: top with a sprinkle of cinnamon or hemp seeds.
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## **Health Benefits**

- **Turmeric** has curcumin, a powerful anti-inflammatory that supports joints, muscles, and immunity.
- **Ginger** aids digestion and helps with post-workout recovery.
- **Banana** provides potassium and natural sweetness.
- **Protein powder** helps build muscle and balance blood sugar.
- **Almond/cashew butter** delivers healthy fats and added creaminess.
- **Cinnamon** supports metabolism and blood sugar regulation.
- **Black pepper** improves the bioavailability of curcumin in turmeric.

- **Almond or coconut milk** creates a smooth, nourishing base.