

## **. Super Skin Turmeric Smoothie**

### Ingredients:

- 1 cup coconut milk
- ½ banana
- 1 tsp turmeric
- 1 tsp flax seeds
- ½ tsp cinnamon

### Instructions:

Blend all ingredients until smooth and golden.

### Benefits:

Improves skin tone, reduces inflammation, and hydrates from within.