

# Yummy Turmeric Smoothie



I was perusing some wellness related articles the other day on the great World-Wide-Web ☺ to discover a home-run of a smoothie recipe! I like Collective Evolution's site, where their mission is to "inspire us to begin expanding our way of thinking so we can take conscious steps towards creating BIG change on the planet." Among tons of other info, they share health tidbits that one can implement into their daily life...

Hence the discovery of this recipe post.

The way I made the smoothie was the PERFECT combo for this delightful and extraordinarily healthy concoction. Now, go Vitamix-it up!

- 1 cup Hemp Milk – I used [Living Harvest Hemp Milk](#) (unsweetened, original)
- 1/2 cup frozen *Organic Mango Chunks*
- 1 fresh *Organic Banana*
- 1 tablespoon *Organic Coconut Oil* – I used [Nutiva Coconut Oil](#)
- ½ teaspoon *Organic Ground Turmeric* (I increased to 1 teaspoon) – I use [Frontier Co-Op Ground Turmeric Root](#)
- ½ teaspoon *Organic Cinnamon* – I used [Frontier Co-Op Vietnamese Premium Ground Cinnamon](#)
- ½ teaspoon of *Organic Ginger* (you may use ground ginger) – I used actual ginger ROOT, cutting it so it fit into a ½ teaspoon
- 1 teaspoon of *Chia Seeds* – I used Greens Plus Organic Chia Seeds
- 1 teaspoon *Organic Maca Root Powder* – I used [Navitas Naturals Maca Root Powder](#)

Add all ingredients into a Vitamix or high-powered blender and process until smooth!

The skinny on just SOME of my favorite ingredients in this...

Turmeric - "Turmeric may be the most effective nutritional supplement in existence... It has been used in India for thousands of years for medicinal purposes. Turmeric is high in curcumin, a substance with powerful anti-inflammatory and antioxidant properties." Cinnamon - "Chinese medicine and Ayurveda have long revered cinnamon as a superpower used to treat things such as colds, indigestion and cramps and also believed to improve energy, vitality and circulation. It can lower your blood sugar, which is good for those with diabetes, and has anti-fungal properties." Maca - "Maca is a root that will grow in the Andes Mountains of Peru. It has been used like a food source for hundreds of years, and many Peruvians use it for its medicinal purposes... Maca offers energy; given it account balances the endocrine system, such as the adrenals, pancreatic, pituitary and thyroid gland."

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