

Mango-Ginger Turmeric Smoothie

GINGER AND TURMERIC HAVE ANTIOXIDANT AND ANTI-INFLAMMATORY PROPERTIES. THEY ARE A FLAVORFUL ADDITION TO ANY RECIPE!

Ingredients

- ▶ 3/4 cup mango cubes (fresh or frozen)
- ▶ 1/4 cup oats (old fashioned, rolled, or quick)
- ▶ 1/4 cup non-fat plain Greek yogurt
- ▶ 1/4 tsp ground turmeric
- ▶ 1/2 inch piece of ginger
- ▶ 1/4 cup milk of choice
- ▶ 4-5 ice cubes if using fresh mango
- ▶ Honey to taste

Directions

- ▶ Blend all ingredients in a blender and enjoy!

Nutrition Facts

Serving Size: 1 cup

Calories: 180

Total Fat: 1.6 g

Saturated Fat: 0.5 g

Sodium: 84 mg

Total Carbohydrates: 42 g

Fiber: 4.4 g

Protein: 12.8 g

Vitamin C: 45 mg

