

# Blueberry Turmeric Smoothie

Servings: 2

Prep Time: 5 minutes

## INGREDIENTS

- 2 cups unsweetened almond milk
- 2 frozen bananas
- 1 cup frozen blueberries, rinsed
- 1/2 cup ice cubes
- 2 teaspoons minced fresh ginger
- 1/2 teaspoon minced fresh turmeric

## About the Recipe

For a creamy, comforting treat, you'll love this Blueberry Turmeric Smoothie. The starring flavors come from fresh ginger and turmeric, but bananas and blueberries bring the sweetness (and just a pop of tart). With almond milk as the base, this smoothie is perfect for anyone looking for dairy-free options to start their day – or refuel with a sippable snack.

## INSTRUCTIONS

- 1 In a blender, purée almond milk, bananas, blueberries, ice, ginger, and turmeric until smooth.
- 2 Divide between 2 glasses.

## Variations

- Sweeten with honey if desired.
- Boost with chia, hemp, or ground flax seeds.



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