

This Turmeric Smoothie Has One of The Most Powerful Antioxidants in The World!!

We all know that turmeric is one of the healthiest foods in the world. It has numerous of benefits for our health and beauty.

Here we are going to give you a recipe for a turmeric smoothie which will improve your health immediately.

Ingredients you will need:

- *1 banana*
- *½ cup pineapple*
- *1 teaspoon turmeric*
- *1 teaspoon chia seeds*
- *1 cup coconut milk*
- *1 tablespoon coconut oil*
- *½ teaspoon cinnamon*
- *1 teaspoon maca*

• Preparation:

Blend the ingredients and keep the mixture in a fridge

Use:

Consume this smoothie every morning on an empty stomach for a period of one month

Source: *recipelite*