

Orange Turmeric Smoothie



Ingredients

- 8 ounces cold, coconut water
- 3 oranges, peeled
- 2 mangoes, peeled and cubed
- 1 teaspoon turmeric powder
- 1 inch piece of ginger, peeled and minced finely

Instructions

- Add the coconut water, oranges, mangoes, turmeric powder and ginger to the blender.
- Starting the blender on a low speed, blend until smooth. If needed gradually increase to higher speeds and blend until smooth.