

Orange Turmeric Smoothie

Source: Kimberly Snyder Category: Vegan Smoothies
Prep Time: 10 min Blend Time: 2 min Total Time: 12 min
Makes about 26 ounces



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Ingredients:

8 ounces cold, organic coconut water
3 oranges, peeled and sliced
2 mangoes, peeled and cubed
1 tsp. turmeric powder
Pinch of black pepper
1-inch piece of ginger, peeled and minced finely

Recipe Link:

<https://www.betterveganrecipes.com/orange-turmeric-smoothie>

Instructions:

1. Prepare the ingredients.
2. Add all the ingredients to a blender. Starting the blender on a low speed, blend until smooth. If needed, gradually increase to higher speeds and blend until smooth.
3. Chill and serve.

Notes:

Since this smoothie contains a lot of fruit, be sure to drink it on an empty stomach.

Equipment needed:

Blender

Serving suggestion:

Best served on its own.