

Iced Banapple Turmeric Smoothie

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Makes 1 servings | Active Time: 5 minutes | Total Time: 5 minutes

Step 1: Making the Smoothie

- 1 ripe banana
- 1 apple, cored and cut into a few pieces
- 1 teaspoon turmeric powder
- 1 cup vanilla soy milk
- 5 cups of ice

Blend all ingredients in a high-speed blender. Serve immediately.