



## **Insanely Easy Golden Glow Turmeric Banana Smoothie With Hemp Seeds**

This creamy golden smoothie is bright, naturally sweet, and warmly spiced. The hemp seeds add plant-based protein, healthy fats, and essential amino acids, giving this smoothie more balance and staying power than a fruit-only blend.

This smoothie is anti-inflammatory-inspired, digestion-supportive, and made with real ingredients your body knows what to do with. It is not here to cure your life, but it is a delicious way to get more turmeric, ginger, cinnamon, healthy fats, essential amino acids, and plant-based protein into your day. It's also a satisfying meal in a glass.

Watch how easy this smoothie comes together via my YouTube channel.

### **Ingredients**

2 frozen bananas  
1 1/2 cups plant milk  
1/3 cup Harmless Harvest plain coconut yogurt  
2 tablespoons hemp seeds  
1/2 teaspoon turmeric  
1/2 teaspoon ground ginger  
1/2 teaspoon Ceylon cinnamon  
1/2 teaspoon vanilla powder

### **Instructions**

Add the plant milk to the blender first. This helps everything blend more easily and keeps the blender from acting personally offended.

Add the frozen bananas, coconut yogurt, hemp seeds, turmeric, ginger, Ceylon cinnamon, and vanilla powder.

Blend until smooth and creamy. If the smoothie is thicker than you like, add a small splash more plant milk and blend again until it reaches your preferred consistency.

Pour into a glass and enjoy right away while it is cold, creamy, and glowing like it has its life together.

Cheers!