



Golden Pineapple Turmeric Smoothie

This Golden Pineapple Turmeric Smoothie is bright, creamy, refreshing, and just tropical enough to make you feel like you're sitting under a palm tree on a warm beach—no matter what time of year it is. It's fresh, naturally sweet, and balanced enough to let turmeric do its thing without tasting like you're drinking a wellness dare. Another reminder that healthy really does taste delicious.

Watch the demo on my YouTube channel!

Choose organic ingredients whenever possible.

Ingredients

- 1 cup unsweetened coconut milk (I like Elmhurst Coconut Cashew)
- 1 cup frozen pineapple
- 1/2 small apple, cored, seeds removed, and quartered
- 1 small celery stalk, rough chopped
- 1 teaspoon fresh grated ginger
- 1/4 teaspoon ground turmeric or 1/2 teaspoon fresh turmeric root
- 1 tablespoon fresh lemon juice (I juiced ½ a lemon)
- 1 teaspoon date paste
- 1/2 frozen banana
- 1 tablespoon hemp seeds
- Tiny pinch of black pepper

Instructions

Add the plant-based milk to the blender first so everything blends more easily.

Add the frozen pineapple, apple, celery, ginger, turmeric, lemon juice, date paste, frozen banana, hemp seeds, and tiny pinch of black pepper.

Blend until smooth and creamy. Add ice (a little at a time) to thicken this up if you want it thicker - more like a milkshake.

Pour into a glass and enjoy this effortless, delicious golden, refreshing smoothie.

CHEERS!