

ANTIOXIDANT BOOSTER SMOOTHIE

Turmeric & ginger get a lot of buzz – and for good reason. You need just a small amount to nourish your body with all of their benefits and they can easily be added into any meal or drink. Our antioxidant smoothie is the perfect way to kickstart your day with immune boosting, anti-inflammatory ingredients.

Natural Focus
HEALTH FOOD & WELLNESS STORE

INGREDIENTS

- 1 tsp of Natural Focus turmeric powder
- 1 tsp of Natural Focus ginger powder
- 1 cup unsweetened almond milk
- 2 cups of pineapple chunks
- 1 cup of banana

INSTRUCTIONS

Combine all ingredients and blend until smooth

**ADD A NATURAL FOCUS
BOOSTER TO ANY SMOOTHIE!**



1 tbsp whey
protein



1 tbsp flax
meal



1 tbsp chia
seeds

Visit Naturalfocus.ca

FOR INGREDIENTS AND STEP-BY-STEP RECIPES