

# Golden Smoothie

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1/3 cup unsweetened, un sulphured coconut flakes
- 1 banana
- 3 large Medjool dates, pitted
- 3 tbsp shelled hemp seeds
- 1 tbsp coconut butter
- 1 tsp cinnamon
- 1 tbsp ginger root, grated
- 1/2 tsp ground turmeric\*
- Coconut milk, enough for desired consistency
- Optional: 1 scoop plant-based protein powder

## Instructions:

1. Place all ingredients in a blender. Blend for 30 to 60 seconds, until smooth, adding more coconut milk as needed.

## Notes:

Makes 1 smoothie \*I used New Chapter Fermented Organic Turmeric This recipe is adapted from Joyous Detox.