

Golden Smoothie

Calories: 14 kcal

Servings: 1

Time: 10 Mins

Ingredients

- 100.00 g Cantaloupe (rockmelon fresh or frozen)
- 0.50 tsp Cinnamon
- 150.00 ml Coconut Milk
- 0.50 tsp Flaxseed Oil (or safflower oil)
- 0.50 cup Ice
- 0.50 tsp Turmeric Powder
- 1.00 Sachet Ultra Lite Banana Sachet
- 250.00 ml Water (as desired)

Instructions

1. Place all ingredients in a blender and puree until smooth. Add water to reach your desired consist

Equipment

- Blender