

Turmeric Peach Smoothie

Looking for a fresh twist on your tropical smoothie?

This Turmeric Peach Smoothie is just what you need. Featuring your favourite tropical fruits, paired with a serving of **CanPrev's Liposomal Curcumin** and a scoop of **Collagen Joint & Cartilage**, your sweet tooth will be satisfied with even sweeter joint health benefits.



Preparation time: 5 mins | Servings: 2



Ingredients

- 1 cup frozen peaches
- 1 cup frozen pineapple
- 1 frozen banana
- 1 cup canned coconut milk
- ½ cup coconut water
- 1 tbsp hemp hearts
- 1 tbsp Liposomal Curcumin
- 1 scoop Collagen Joint & Cartilage Powder

Optional Toppings:

- Coconut shavings, crushed walnuts, sunflower seeds, granola, dried fruits, hemp hearts.

Method

1. Add all ingredients to a blender, and blend on high until well combined and smooth.
2. Pour into one large or two medium glasses or mason jars, add your favourite toppings and enjoy immediately!

Featured Products



Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

