

Refreshing Mango, Carrot and Turmeric Smoothie



A refreshing snack packed with antioxidants! Smoothies are often a better option than juice as they retain the fiber and nutrients. It's a great way to increase your intake of fruits and vegetables. Plus, adding powdered peanut butter to this recipe adds a bit of protein to the smoothie, helping you stay satisfied until your next meal!

Preparation 5 min
Cooking 0 min
Servings 2
Nutrition Facts (per serving)
Calories 150
Fat 2
Carbohydrates 28
Fibre 5
Protein 8
Sodium 70

Ingredients

- 375 ml (1 ½ cups) frozen mango chunks
- 375 ml (1 ½ cups) unsweetened soy beverage
- 1 medium carrot, cut into pieces
- Juice of one lime or lemon (or 15 ml / 2 tbsp)
- 30 ml (2 tbsp) powdered peanut butter

- 10 ml (2 tsp) fresh grated ginger
- 2.5 ml (½ tsp) turmeric powder
- A pinch of black pepper *

*Adding black pepper enhances the absorption of curcumin in turmeric.

Preparation

1. In the blender, place all the ingredients and blend until smooth and homogeneous.
2. Pour into glasses and enjoy!



Gabrielle Simard – Créatrice culinaire
Culinary Creator