

Anti-inflammatory golden smoothie



DYNAMIX
HEALTH & FITNESS

50g frozen banana
130ml unsweetened almond milk
80g carrot, peeled and diced
1 tbsp tahini
25g vanilla flavour whey or rice protein powder (optional)
½ tsp ground turmeric
½ tsp ground ginger
½ tsp ground cinnamon
a small pinch of ground black pepper
1 tsp chia seeds

Place all of the ingredients in a blender and blend until creamy. Serve.

Consume immediately.

SERVES 1



PER SERVING:
329 Calories
26g Carbs
27g Protein
13g Fat

