

Tropical Adaptogen Smoothie

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Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- 1 cup ▸ Frozen Banana
- 3 tbs ▸ Chia Seeds
- 1 tsp ▸ Turmeric Powder
- 2 cup ▸ Coconut Milk
- cup ▸ Organic Greek Plain Yogurt
- 1 cup ▸ Frozen Mango Chunks
- 3 tbs ▸ Goji Berries
- 12 drop ▸ Organic Monk Fruit Extract
- 2 tsp ▸ Maca Powder
- 1 tsp ▸ Vanilla Extract
- 1 tsp ▸ Cinnamon

Instructions

1. Garnish and Serve

Pour into a glass and garnish with a sprinkle of ground cinnamon. Enjoy immediately for optimal freshness.

2. Blend

Blend until smooth and creamy. Add more liquid if needed to reach desired consistency.

3. Combine Ingredients

Add all ingredients to a blender. Use unsweetened coconut milk for a healthier option.

Source: <https://youtu.be/UaewHgc0q2U>