

## 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

Portion 2

Nutrition Facts (per serving)

Calories 150 kcal

Fat 2 g

Carbohydrates 28 g

Fibre 5 g

Protein 8 g

Sodium 70 mg

### **Inredients**

- 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!



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