

## Tropical Aloe Vera Smoothie

Serves: 2

Place all ingredients in a blender in the order listed and blend.

### Ingredients

- 1 ripe banana
- ½ cup of fresh pineapple
- ½ mango
- Lime, juice and zest
- 1 TBSP of coconut oil
- 1 TBSP turmeric (1-inch fresh turmeric, peeled)
- Pinch of black pepper
- 1/2 cup of aloe vera juice
- 1 cup almond milk or non-dairy milk
- Ice cubes

CC's S.O.U.L. Food

Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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