



# Turmeric Sunshine Smoothie:

**To whip up this healthy drink, blend:**

- 1/2 cup orange or clementine slices
- 1 banana
- 1 cup natural unsweetened yogurt
- 1/2 tsp ground turmeric (or 1/2-inch grated)
- 1/2 tsp ground ginger
- 1 tsp honey (optional)

This breakfast to-go smoothie is one of my favourites!

And for reasons why I love more turmeric. Did you know: One particular component of turmeric, curcumin - has been studied for its ability to prevent premature aging, reduce depression, manage arthritis and blood sugar, and act as a painkiller, among other things.