

Carrot, Ginger, Turmeric Smoothie adapted by Laurel Hardin

Turmeric is great smoothies work well with anything orange. So sweet potatoes, butternut squash, guava, or mango all work. And for this recipe, you make your own carrot juice. It gives an immune boost, anti-inflammatory benefits, and the carrots are great for eyes.

CARROT JUICE

- 2 cups carrots, washed and diced
- 1 1/2 cups filtered water

SMOOTHIE

- 1 large ripe banana (previously peeled, sliced and frozen // more for a sweeter smoothie)
- 1 cup frozen or fresh pineapple (can substitute mango or oranges)
- 1/2 Tbsp fresh ginger (peeled // 1 small knob yields ~1/2 Tbsp) or 1 t. ground dry ginger
- 1/4 tsp, or more, ground turmeric (I use 1 t.)
- 1/2 cup carrot juice
- 1 Tbsp lemon juice
- 1 cup unsweetened almond, coconut, rice or oat milk

Instructions

1. Make carrot juice by adding carrots and filtered water to a high speed blender and blending on high until completely pureed and smooth. Add more water if it has trouble blending / scrape down sides as needed.
2. Drape a large, thin dish towel over a mixing bowl and pour over the juice. Then lift up on the corners of the towel and begin twisting and squeezing the juice out until all of the liquid is extracted. Set aside pulp for smoothies, or baked goods (such as carrot muffins).
3. Transfer carrot juice to a mason jar – will keep for several days, though best when fresh.
4. To the blender add smoothie ingredients and blend on high until creamy and smooth. Add more carrot juice or plant milk if it has trouble blending. Scrape down sides as needed.
5. Taste and adjust flavors as needed, adding more banana or pineapple for sweetness, lemon for acidity, ginger for bite, and turmeric for warmth.

6. Divide between two glasses (as original recipe is written // adjust if altering batch size) and serve. Best when fresh.