PLENQÌ

RECIPES

Turmeric Anti-Inflammatory Smoothie

Turmeric – the health promoting golden spice we all associate with curry. It is a member of the ginger family and extensively cultivated in India, China, Indonesia, and other tropical countries.

Kitchen Notes

- Be careful, fresh or even ground turmeric will stain about everything, so put on some rubber gloves to protect your hands from turning yellow.

You'll Need:

- 1 cup pineapple cut into chunks
- 5ml turmeric powder, or freshly grated turmeric
- 10ml chia seeds
- Juice of ½ a lemon
- 1 cup of water
- Dash of black pepper

Let's Get Started:

1. **Blend** all the ingredients together and enjoy!