

Turmeric Ginger Colada

Recovery Shake

Makes one 16 oz shake

The turmeric and ginger in this shake help fight inflammation caused by your workout and taste wonderful with the pineapple and coconut.

Ingredients:

1 tsp ground turmeric
1 tsp chopped fresh ginger
1/2 frozen banana
4 oz fresh pineapple juice
2 oz coconut milk
1-2 scoops (whichever gives you 20 g protein) vanilla protein powder
6 oz ice

Directions:

Place ingredients in a blender and blend until smooth.

Nutrition (per 16 oz serving): 302 cal, 45 g carb, 2 g fiber, 22 g protein, 13 g fat, 648 mg sodium, 8 % DV iron, 17 % DV vitamin B6