



TURMERIC MILKSHAKE

Vata↓, Pitta↓, Kapha↑

Serves: 2

Prep Time: 10 minutes (plus optional 1 to 2 hours to chill)

INGREDIENTS

- 2 cups water
- 1 cup of raw coconut water (I prefer the Harmless Harvest brand)
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 2 tablespoons raw, unsalted sunflower seeds
- 2 tablespoons raw, unsalted pumpkin seeds
- 1/2 of a large avocado or 1 small avocado
- 3 to 4 large medjool dates (remove pits)
- 1 teaspoon cinnamon powder
- Fresh ginger (1 to 2 inch cube), chopped (replace with 1/2 to 1 teaspoon dry ginger)
- 1/2 to 1 teaspoon turmeric powder
- 1/8 teaspoon cardamom powder
- 1/2 teaspoon vanilla extract

Optional extras:

- 1 teaspoon Ashwagandha powder
- 1 teaspoon Shatavari powder

DIRECTIONS

1. Place all of the ingredients in a high speed blender.
2. Blend on high for 2 to 3 minutes.
3. Taste to see if the consistency is smooth and creamy. If any chunks remain, blend more.
4. Once the consistency is as desired, pour the shake into a ball jar and seal tightly. Place this in the refrigerator or freezer for a minimum of 1 to 2 hours to create a cooler temperature.*

*This step is optional; it is always best to eat food warm to room temperature.

5. Once the temperature is to your liking, serve, share, enjoy, and energize!