

# Banana and Coconut Smoothie

---

## Ingredients

- 100g coconut milk
- ½ tsp ground turmeric
- 3cm piece of fresh ginger peeled
- 1 small ripe banana
- 1 tsp honey
- juice of 0.5 a lemon
- 50g toasted desiccated Coconut

## Method

- **STEP 1** Add the coconut milk to a high-speed blender then add the turmeric, fresh ginger. Add the banana, honey and lemon then blend until smooth. Add ice and blitz again if you prefer a colder drink. Pour into glasses and top with the toasted Coconut.

