



# TURMERIC, GINGER AND MANGO DETOX SMOOTHIE

This Turmeric, ginger and mango smoothie is a great way to start your morning, or as a boost throughout the day.

Aside from turmeric and ginger being laced with antioxidant and anti-inflammatory properties, what better way to use your Mr Fitzpatrick's fiery ginger cordial.

## Ingredients

- 1 large banana
- 2 1/2 cups of frozen mango
- 2 cups of coconut milk
- 3 Tbs of Mr Fitzpatrick's Ginger cordial
- 2 Tsp of turmeric powder
- Pinch of cracked black pepper

## How to

1. Combine all the ingredients in a blender and blitz until smooth!