

Morning Boost Smoothie

Start Strong, Feel Great

Looking for a breakfast smoothie that's creamy, filling, and a little different from the usual berry blends? The Morning Boost Smoothie combines banana, carrot, avocado, oats, chia seeds, ginger, and turmeric to create a delicious breakfast that's naturally sweet, satisfying, and easy to make.

Ingredients

- 1 ripe banana
- 1 small carrot, chopped
- ¼ avocado
- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- 1 teaspoon fresh ginger, grated
- ½ teaspoon turmeric
- 1 teaspoon honey (optional)
- ½ cup coconut water
- ½ cup almond milk
- Handful of ice

Method

1. Add all ingredients to a blender.
2. Blend for 30–60 seconds until smooth and creamy.
3. Add a little extra almond milk or coconut water if you prefer a thinner consistency.
4. Pour into a glass and enjoy.

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