



IMMUNE BOOST SMOOTHIE

Do you feel like you've been hearing a lot about Turmeric oil lately? This essential oil has recently gained popularity but it's actually been around for a very long time. Frequently used in Ayurvedic health practices, turmeric's ancient uses have inspired similar uses to promote health today. With a number of desirable benefits for the body, it's no wonder that people have used the spice turmeric and Turmeric essential oil for years. When taken internally, Turmeric essential oil may help support healthy immune function and response, as well as healthy circulation.* If you're looking for an easy way to take advantage of the benefits Turmeric oil offers, try this Turmeric pineapple smoothie recipe. You'll love the tropical flavors of pineapple, coconut water, and banana, while also enjoying the benefits Turmeric essential oil provides the body.



Ingredients

- 1 cup frozen pineapple
- $\frac{3}{4}$ cup coconut water
- 1 drop **Turmeric essential oil**
- 1 ripe banana
- Dash of cinnamon
- 2-3 ice cubes

Instructions

Combine all the ingredients in a blender and pulse together. Serve immediately.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.