



# Spider Demo Kitchen

## Golden Milk Smoothie

yield: 1 serving

### Ingredients:

1 cup	Banana, sliced & frozen
1 cup	Milk of choice
1/2 tsp	Ground turmeric
1 TBSP	Ginger, grated
Dash	Black pepper
Dash	Ground nutmeg
Dash	Clove
Dash	Cardamom

This recipe is a spin on Golden Milk—an Indian drink with roots in Ayurvedic medicine.

Turmeric and ginger paired together have anti-inflammatory, antioxidants, and digestion benefits!

### Instructions:

1. In the pitcher of a blender, add banana, milk, ginger, and spices. Blend on high until creamy and smooth. Taste and adjust spices as you like.
2. Serve immediately. Leftovers will keep for 24 hours in the fridge or you can freeze them by pouring into an ice cube tray and blend into a future smoothie!



**UR Dining**



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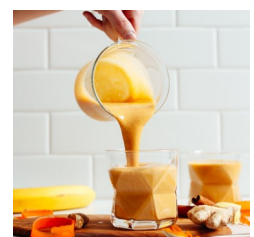
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