

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/lemon-turmeric-yogurt-smoothie>

Lemon Turmeric Yogurt Smoothie

Prep time: 3 minutes

Servings: 2

If you're anything like us, smoothies never get old. We enjoy them throughout the year, customizing the ingredients to fit the seasons and sometimes even the trends (ever tried creating a smoothie bowl masterpiece? The perfect edible art project!) This time for inspiration, all we had to do was look outside the kitchen window and notice the lemon tree hanging low, full of fruit and ready to be picked. So, we started in on recipes and came up with a house favorite; a refreshing lemon turmeric smoothie made a little creamy with our lactose free whole milk yogurt. Give it a try, we know you will enjoy this simple refreshing Summer treat!

Green Valley Creamery

Ingredients

1 cup Green Valley Creamery Lactose Free Whole Milk Yogurt

2 tablespoons fresh lemon juice

2 tablespoons honey

1 tablespoon grated fresh ginger

2 teaspoons lemon zest

½ teaspoon ground turmeric

1 cup ice

Instructions

Combine all ingredients in blender and blend until smooth.