

## Turmeric Milk Shake

Serves 2

Time required: About 7 minutes

This drink is best made with fresh turmeric and ginger in a high-speed blender such as a Vitamix. Still, you should grate the turmeric and ginger to ensure that the finished drink will be smooth and creamy. You can use almond milk and coconut oil in place of the coconut milk and avocado oil. If you have fresh coconut, it will add a lovely flavor, though it's not necessary.

- 800ml organic unsweetened coconut milk, chilled
- 2 tablespoons organic avocado oil
- 13cm piece fresh organic turmeric root, peeled and grated, or 2 teaspoons organic ground turmeric
- 2.5cm piece organic ginger, peeled and grated, or 1 teaspoon organic ground ginger
- 25g unsweetened shredded or flaked organic coconut
- 1 teaspoon pure organic vanilla extract
- 1 teaspoon freshly grated organic orange zest, plus more for garnish
- ½ teaspoon organic ground cinnamon
- 4 ice cubes

Combine the coconut milk and avocado oil in the jar of a high-speed blender. Process to just blend.

Add the turmeric, ginger, coconut, vanilla, orange zest, and cinnamon and process to just combine. Add the ice cubes and process on high until the mixture is smooth, thick, and bright yellow.

Pour an equal portion into each of two tall glasses. Sprinkle the top with orange zest and serve.