

# Golden Glow Smoothie

Culinary Medicine, Nutrition Services

Serves: 2, Serving Size: 2 cups

Equipment: blender, spatula

## Ingredients

½ cup rolled oats	¼ teaspoon cardamom (optional)
1 cup water	1/8 teaspoon nutmeg (optional)
½ cup frozen pineapple	1/8 teaspoon cloves (optional)
½ cup frozen mango	Pinch of black pepper (optional)
1 banana	½ teaspoon vanilla extract (optional)
1 tablespoon chia or flax	
1 tablespoon maple	
1 teaspoon turmeric	
½ teaspoon ginger	
¼ teaspoon cinnamon	

## Instructions

1. Add oats and water to a blender. Blend until smooth.
2. Add remaining ingredients and blend until smooth.
3. Add additional ice or water to thin to desired consistency.



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## Why We Like This Recipe

This tropical delight marries the anti-inflammatory and traditional flavors of an Indian 'golden (or turmeric) milk' with bright, refreshing tropical fruits.

Chef's Notes:

- If you like this flavor profile, use the QR code to visit our recipe database and check out the recipe for Golden Milk!

Nutrition Notes:

- The combination of oats, fruits, and spices provides a balanced mix of carbohydrates, fiber, vitamins, and minerals. The chia or flax seeds add omega-3 fatty acids, which are great for heart health. Turmeric and ginger are known for their anti-inflammatory properties, while the spices like cinnamon, cardamom, nutmeg, and cloves add antioxidants.

Gardener's Notes:

- Most of these ingredients are tropical and cannot be grown in northern climates under normal conditions. However, oats and flax seeds can both be grown in our region, and some local farmers have found successful ways to grow turmeric and ginger using greenhouses.



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