

Turmeric and pineapple crush

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Cool down this summer with this refreshing turmeric and pineapple crush.

Ingredients (Serves 2)

- 1 cup pineapple chunks, frozen
- ½ tsp turmeric powder
- ¼ tsp each cinnamon, ginger powder
- Pinch ground cloves
- 1 cup green tea or coconut water, chilled

Method

Place all ingredients in a blender and process until slushy. Divide between two glasses and serve.

Recipes and images: Martyna Angell, [The Wholesome Cook](#).

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