



Tropical Turmeric Smoothie Bowl

BY CALEB MOK, DIETITIAN



You will need:

Smoothie

300g silken tofu, chilled	1 teaspoon turmeric powder
1/2 cup banana, cut and frozen	1/2 teaspoon black pepper powder
1/2 cup mango, cubed and frozen	1 tablespoon honey, chilled (optional)
1/2 cup pineapple, cubed and frozen	Cold water (optional)

Toppings

20 blueberries	9 strawberries
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Directions

1. Gradually place the ingredients for smoothie into a blender and blend until smooth. If the smoothie is too thick, you may add some cold water. Likewise, if the smoothie is a bit sour, depending on the ripeness of the fruits, you may add some honey.
2. Pour the smoothie into a bowl. Top with the berries (or another of your preferred fruits or nuts) and serve chilled.