

## Frontier - No-Dairy Pineapple, Kale & Turmeric Smoothie

This tasty smoothie contains no yogurt, dairy, or even alternative milks. But there's definitely no shortage of greens! Kale, spinach, spirulina, wheatgrass and even fresh mint leaves power this recipe, with an added boost from turmeric and black pepper. Pineapple, lemon juice and coconut water lend a tangy and not-too-sweet finish to this cool and refreshing drink.

By Tess Masters, [The Blender Girl](#)

### Ingredients

- 1 1/2 cups raw coconut water or filtered water
- 1 teaspoon finely grated lemon zest
- 1/2 cup fresh lemon juice
- 1 cup baby spinach
- 1/2 cup fresh mint leaves
- 1 tablespoon Frontier Organic Kale Powder
- 1 teaspoon Frontier Organic Wheatgrass Powder
- 1/4 teaspoon Frontier Organic Spirulina Powder
- 1/4 teaspoon Frontier Organic Ground Turmeric
- Pinch freshly ground Frontier Organic Black Pepper
- 3 cups frozen pineapple

### Directions

In blender, combine all ingredients and blast on high for 30 to 60 seconds, until well blended. (It may still be a little clumpy from the pineapple consistency, but should be smooth enough to sip).

You can find this and more great recipes at [frontiercoop.com/community/recipes/](http://frontiercoop.com/community/recipes/).

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