



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

## Spicy Butternut Squash Smoothie

Servings  
1

Suitable for  
GF.DF.V.VV

### Ingredients

- 1 cup almond milk
- 1 cup water
- ¼ cup raw almonds
- 1" slice butternut squash
- ½ tsp turmeric powder
- ½ tsp ground cinnamon
- Pinch freshly grated nutmeg
- 1 date
- 1 drop doTERRA clove bud essential oil
- 1 tbsp coconut oil



### Method

Place the ingredients, in order as listed above, into a high-speed blender. Whizz until liquidised. Drink straight away.

### Variations

Try coconut milk with cashew nuts, ground ginger, turmeric powder, cinnamon and sweet potato and vanilla extract.