

**Morning Sunshine Smoothie**  
**Remedyhealthandwellness.com**  
**by Melanie Connell**

Serves 1

Ingredients

1 Orange (I used a Tangelo)

Juice from 1 lime

1/4 tsp Organic Turmeric Powder

8 organic baby carrots (or 1/2 of a large carrot)

1 cup organic frozen pineapple

1/2 inch fresh ginger peeled

1 cup Pure Coconut Water

1 scoop [Further Food Collagen](#)

1/4 of an avocado peeled (or 1/2 of a small one)

1/2 tsp Maca powder (optional)

1/2 tsp Raw Apple Cider Vinegar (optional)

Directions

- 1 Combine all ingredients into Vitamix and blend on high for 30 seconds or until smooth consistency.
- 2 Share the love and tag #Remedyhealthandwellness

\*This smoothie is on the tart side. If you want it sweeter add 1/2 a frozen banana or 1/2 cup frozen organic mixed berries.