**Sunshine Smoothie Bowl with Golden Glow**

**☀️🥭🥥**

A group of fruit and a bottle of milk

AI-generated content may be incorrect.🥬 **Ingredients**

* 1 frozen banana
* ½ cup frozen mango chunks
* ½ cup fresh pineapple
* 1 teaspoon ground turmeric
* 1 cup unsweetened coconut milk
* **Toppings:** sliced kiwi, shredded coconut, pumpkin seeds, goji berries

**Step-by-Step Instructions**

**1. Prepare your ingredients**

* Peel and freeze your banana ahead of time for a thick, creamy texture.
* Measure out mango chunks and slice fresh pineapple into small cubes.
* Have toppings ready in small bowls — this makes decorating easier and more fun.

**2. Blend the base**

* A person pouring a liquid into a bowl

  AI-generated content may be incorrect.In a high-speed blender, add frozen banana, frozen mango, fresh pineapple, turmeric, and coconut milk.
* Blend on low to medium speed, using a tamper if needed, until the mixture is thick and smooth — think soft-serve consistency.

**3. Adjust texture if needed**

* If it’s too thick to blend, add a splash more coconut milk.
* If it’s too runny, add a few extra frozen mango chunks.

**4. Pour & decorate**

* Pour the golden smoothie into a bowl.
* Arrange toppings in neat rows or creative clusters: kiwi slices, shredded coconut, pumpkin seeds, and goji berries.
* Snap a photo — this bowl is pure tropical sunshine in edible form.

**5. Serve immediately**

* Enjoy with a spoon and soak up that golden glow!

A bowl of fruit and nuts

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**Fun Facts ☀️**

* **Turmeric’s golden color** comes from curcumin, a powerful antioxidant with anti-inflammatory benefits.
* **Mango is called the "king of fruits"** in many cultures and is packed with vitamins A and C for glowing skin.
* **Pineapple contains bromelain**, an enzyme that can help with digestion.
* **Goji berries have been used in Chinese medicine for centuries** to boost immunity and vitality.
* This bowl’s colors aren’t just pretty — the vibrant yellow from turmeric and bright toppings signal a rainbow of nutrients.

**Daily Quote 🌼**

*"Let the sunshine in — especially at breakfast."* — Unknown

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| Serving Size | I bowl |
| Calories | 280 |
| Protein | 4g |
| Carbs | 45g |
| Dietary Fiber | 6g |
| Sugars | 30g |
| Fat | 7g |
| Saturated Fat | 3g |
| Vitamin C | 120% |
| Iron | 1.5mg |