

PERSIMMON AND MANDARIN SMOOTHIE WITH VANILLA, GINGER, AND TURMERIC

Makes 1 quart (1 large or 2 medium servings)

INGREDIENTS

- 2 cups milk
- 1 ripe banana
- 2 soft dates, pitted and chopped
- 1 1/4 cups frozen Fuyu persimmon slices
- 1 1/4 cups frozen seeded mandarin pieces (such as Satsumas)
- 1/2 teaspoon pack finely grated fresh turmeric root (or 1/4 teaspoon dried, ground turmeric)
- 1 teaspoon packed finely grated fresh ginger
- 1 inch vanilla bean, chopped (or a splash of vanilla extract)

Combine all ingredients in a blender, and blend on high until very smooth. Pour into glasses and serve.

