



Orange Immunity Booster Smoothie

2 servings

10 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Directions

1

Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin: Use steamed sweet potato instead.

More Protein: Add protein powder, hemp seeds or nut butter.

No Maple Syrup: Sweeten with raw honey or soaked dates instead.