



THE IMMUNE MACHINE

INGREDIENTS

- 3/4 cup unsweetened almond milk
- 1/2 banana, frozen
- 1/4 cup frozen pineapple
- 1/4 cup frozen blueberries
- 1/3 cup frozen pineapple
- 3 tbsp avocado
- 1/8 inch piece fresh ginger (peeled and sliced)
- 1/8 inch piece fresh turmeric (peeled and sliced)
- 1/8 tsp ground cinnamon
- 1/2 tsp chia seeds
- 1/2 tsp flax seeds
- Heaping 1/2 cup fresh spinach
- 3/4 scoop vegan protein powder

DIRECTIONS

Add all ingredients to the blender, starting with the milk. Blend until completely smooth.

The Immune Machine Smoothie

Nutrition Facts

Serving Size1 × 12 oz. Smoothie

Amount Per Serving

Calories346.9

% Daily Value*

Total Fat	14.3 g	18 %
Saturated Fat	1.9 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	437.1 mg	19 %
Total Carbohydrate	37.8 g	14 %
Dietary Fiber	10.9 g	39 %
Total Sugars	14.7 g	
Added Sugars	0 g	0 %
Protein	21 g	
Vitamin D	1.8 mcg	9 %
Calcium	395.9 mg	30 %
Iron	5.9 mg	33 %
Potassium	814.1 mg	17 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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