

Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 2 servings



Directions

1. Throw 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.

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