

INGREDIENTS

- 2 cups Spinach
- 1 Orange, peeled
- 1 Banana
- ½ inch Fresh Ginger
- ½ cup Greek Yogurt
- Kefir or Almond Milk and Ice (to reach desired consistency)

DIRECTIONS

1. Place all ingredients in a blender and blend until smooth. Add ice, almond milk, and/or kefir until desired consistency is reached. Enjoy!



Immune Boosting Smoothie

Dairy -Free | Gluten Free | Vegetarian | Vegan

Yield:
2 Servings

Prep Time:
5 Min

Cook Time:
5 Min

NUTRITION FACTS

Calories: 210 kcal	Fat: 7 g	Carbohydrate: 30 g	Fiber: 4 g	Protein: 10 g
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