

Whether it's flu season, allergy season, or you're just in the mood for a refreshing, flavorful drink, an immune-boosting smoothie is always a good idea. By snacking on something as easy and convenient as a smoothie, you can jam-pack your body with antioxidants, vitamins, and more superfoods that kick-start your immune system into gear. Smoothies are (rightfully) all the rage these days, as they are easy to make, totally filling, and can give your body a plethora of health benefits.

There's seriously a smoothie to aid any type of health woe. Need an extra dose of veggies in your diet? Try a green smoothie. Lacking on protein? Try a peanut butter smoothie, or add a scoop of your favorite plant-based protein powder. Getting sick? Add an extra helping of vitamin C or an antioxidant-rich fruit to your blender. Want more ideas? Go ahead and keep scrolling to find out what immune-boosting smoothies we're sipping on right now. Blend. Slurp. Repeat.

## Mango-Turmeric Smoothie



This mango-turmeric vitamin C smoothie is basically summertime in a cup (in both taste and nutrients). The citrusy and tropical flavor is a perfect mixture of sweet and tangy. On top of that, the smoothie is loaded with vitamin C, vitamin A, vitamin E, fiber, and other antioxidants to help give your immune system a very large boost.

- 1 cup almond milk
- 1 large ripe banana
- 1 large orange such as a navel orange with the rind removed
- 1/2 in peeled fresh turmeric or about 1/4-1/2 TB turmeric powder
- 1 cup frozen mango chunks

-simpleliving.com

## Workout Recovery Green Smoothie

Nothing says workout recovery like this energy-packed snack. These ingredients replenish your electrolytes and refuel your body after a tough workout. It's filled with frozen pineapple, coconut water, fresh spinach, ginger, chia seeds, and banana.



- 1 banana, peeled and sliced
- 1-inch piece\* of fresh ginger, peeled
- 2 handfuls fresh baby spinach
- 1 cup frozen pineapple chunks
- 1/2 cup coconut water
- 1/2 cup almond milk (or plain Greek yogurt\*\*)
- 1 Tablespoon chia seeds

-gimmesomeoven.com

## Tropical Antioxidant Smoothie

Feel Great in 8 calls this a magic immune-boosting smoothie for a reason. Each ingredient included in this blended snack has an immune-boosting quality: Greek yogurt for vitamin D; spinach for fiber, antioxidants, and vitamin C; kiwi for vitamin C, D, B6, and B12; flaxseed for omega 3s; and berries for more vitamin D. Sounds pretty magical, no?

- 4 cups greens (I like to rotate between a few, but mostly spinach & kale)
- ½ can (20 oz can) pineapple chunks and juice
- 1 orange, peeled
- 1 kiwi, peeled
- 2 tablespoons ground flaxseed
- 1 cup plain greek yogurt
- 1 cup frozen mixed berries
- ½-1 cup water, if needed to blend

Feelgreatin8.com



## Vitamin C Cold-Buster Smoothie

This cold-buster smoothie combines orange juice, strawberries, peaches, pineapples, and peach Greek yogurt to really nip your cold in the bud. Each of these fruits is loaded with natural vitamin C and antioxidants to fight off illnesses (plus, it tastes great!).



- 10 oz. Orange Juice
- 4 oz. Peach Greek Yogurt, frozen
- 1 cup Strawberries, frozen
- 1 cup Peaches, frozen
- 1/2 cup Pineapple Chunks, frozen
- Handful of Ice Cubes

Blend and enjoy!

-happinessishomemade.com

# Paleo Blueberry Smoothie



Blueberries are known to be a nutrient-rich superfood. They have some of the highest amounts of antioxidants found in any food and are high in potassium and vitamin C. This immune-boosting Paleo blueberry smoothie combines blueberries with walnuts, almond milk, and chia seeds, making it a perfect way to give your body a nutritional boost.

- 1 cup blueberries
- 2 tbsp walnuts
- 1 cup almond milk
- 1 tsp maple syrup
- 1 tsp cinnamon
- 2 tsp chia seeds
- 1/2 cup ice cubes

-paleogrubs.com

# Carrot-Ginger Smoothie

This sweet-tart smoothie is packed with nutrient rich, immune boosting ingredients. It combines ginger, banana, pineapple, turmeric, lemon, and carrot for a zingy, summery snack. The nutrition benefits are endless, from anti-inflammatory factors to vitamin C to a natural antibiotic.

## CARROT JUICE

- 2 cups carrots
- 1 1/2 cups filtered water

## SMOOTHIE

- 1 large ripe banana (previously peeled, sliced and frozen // more for a sweeter smoothie)
- 1 cup frozen or fresh pineapple
- 1/2 Tbsp fresh ginger (peeled // 1 small knob yields ~1/2 Tbsp)
- 1/4 tsp ground turmeric (or sub cinnamon)
- 1/2 cup carrot juice
- 1 Tbsp lemon juice (1/2 small lemon yields ~1 Tbsp or 15 ml)
- 1 cup unsweetened almond milk

Combine in blender. Enjoy!



minimalistbaker.com

## Triple Berry Smoothie

Kiwi has over 100% of the recommended daily value of vitamin C, making it the perfect base for this immunity-boosting smoothie. Add some strawberries, raspberries, blueberries, and orange juice, and you have yourself a triple berry kiwi smoothie.



### Ingredients

- 1 cup frozen strawberries
- 3/4 cup frozen raspberries
- 1/2 cup frozen blueberries
- 2 kiwifruit peeled and sliced
- 1 cup orange juice

-theprettybee.com

Above smoothies reprinted from <https://www.byrdie.com/immune-boosting-smoothies>

## Ginger Turmeric Cold Buster Smoothie

### Ingredients

- 1 banana, frozen
- 1 large orange, peeled and segmented
- 1 cup frozen mango chunks
- 1/2 cup dairy-free yogurt, such as almond or coconut
- 1 small carrot, peeled and coarsely chopped
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 1/2 cup orange juice, or more as needed
- Handful of ice (optional)

### Instructions

Add all ingredients to the carafe of a blender and blend on high until smooth. Add more orange juice and/or ice to adjust the consistency if desired. Pour into two glasses and serve immediately.

-wholefully.com



# doTerra On Guard Pumpkin Smoothie

## Ingredients

- 1 cup Almond Milk or milk of your choice
- 1/2 cup pumpkin puree
- 1/2 cup Vanilla Yogurt
- 2 Frozen Bananas
- 1 teaspoon Vanilla Extract
- 1 teaspoon Pumpkin Pie Seasonings
- 2-3 drops doTerra On Guard Essential Oil\*

Combine all ingredients into blender and blend until smooth. For a vegan recipe, replace milk and yogurt with one can of coconut milk.

\*Try one drop at a time and taste test; 2-3 drops may taste too strong for some.

-doterra.com



# Immune Boosting Wellness Smoothie



This smoothie is packed with nourishing ingredients: fresh ginger, turmeric root, spinach, raw or manuka honey, pineapple, banana and black pepper. Sounds crazy, but this smoothie is absolutely delicious, great for digestion and a boost for your immune system! I love drinking this daily.

## Ingredients

- 1 banana
- 1 cup frozen pineapple
- 2-3 cups organic spinach
- 1 knob fresh ginger, peeled (about 2 inches of ginger)
- 1 knob turmeric root (about 2 inches fresh turmeric)
- 1/2 tablespoon manuka or raw honey
- 1/8 teaspoon freshly ground black pepper (or a just couple grinds)
- 1/2-3/4 cup almond milk or coconut milk

## Instructions

In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined. If necessary, add in more almond milk to thin the smoothie. Makes 2 smoothies.

-ambitiouskitchen.com