

Immunity Boost Smoothie

This smoothie, packed with berries and cranberries, will help boost your immunity to get you through the last part of winter without getting another cold. Mixed Berries are an excellent immune booster because they contain high levels of Vitamin C! Vitamin C helps improve blood levels of the body's 'killer cells' that attack invading microorganisms. They are also an excellent source of antioxidants which helps with inflammation. Cranberries keep your immune system strong and healthy too! Some studies have shown that those who consume cranberries reported less cold and influenza symptoms. These fruits together make a nutritious and delicious combination sure to boost your immunity!



Ingredients

2 C Frozen Mixed Berries
1 Small Apple Diced
¼ C Dried Cranberries
1 T. Honey
2 C. Water

Directions

1. Add all ingredients to blender and blend, making sure to add honey last so it does not freeze over the berries.
2. Serve immediately or freeze for later use. Enjoy!

Yields - 16 oz.

Calories: 357
Fiber: 11 g

Fat: 1.6 g

Protein: 2.5 g

Carb: 93 g