



Orange Immunity Booster Smoothie

2 servings

10 minutes

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

Directions

1

Place 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.