WeekendWarrior: The Immunity-Boosting Smoothie

The name isn't sexy, but the results are. Down this fab smoothie to stay on track with resolutions and bolster your immune system after all that New Year's revelry.

We may have taken party season to a whole new level, but it's never too late to reverse unhealthy transgressions and hit up a new health regimen. We asked Dr. Gabrielle Francis, a New York-based rock & roll doctor, to give us a recipe that keeps us healthy despite all the fun we're having on the side.

She gave us the Winter Immune Elixir, a super food-based smoothie that's designed to help support a strong, healthy immune system during cold, flu and "party" season. It's the same one she gives to rockstar clients to help them be healthy while on the road.

Use it to kickstart your day and tailor it to your taste preferences by adding the fruits and spices, which boost antioxidants and immune-bolstering ingredients.

Remember, this is breakfast, i.e. a meal replacement, so don't chug it. Take at least 30 minutes to sip in order maximize nutrient absorption and digestion.

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Winter Immune Elixir

1 scoop whey protein powder with multivitamins (at least 20 g protein)

1 tablespoon greens powder

1 tablespoon revive

1/2 teaspoon probiotic

1 tablespoon flax oil

Mix the above ingredients into 12 to 16 ounces of purified water. On cold days, switch it up by using hot water to make the drink more like warm comfort food. I recommend Rx Remedy but you can use any high-quality, over-the-counter powders.

Optional milk alternatives instead of water:
Add ¼ cup of organic yogurt, rice milk, almond milk, coconut milk, soy milk, hemp milk or rice milk.

Optional winter fruits:
Add ½ cup organic cranberries, oranges or apples to sweeten.

Optional winter spices:
Add a dash of spice to enhance flavor, add antioxidants and help support immune function, such as cinnamon, nutmeg, vanilla, cloves and mint.

We recommend that you consult your doctor before using the supplements to see if these ingredients will work for you.