

Immune Boosting Smoothie

Recipe from: www.lilou-organics.com/blog

~ 1 cup chocolate almond milk (or similar); or use half cup and then half cup water to save calories if you want.

~ 1 scoop Greens Powders (Macrolife MacroGreens Superfood or similar)

~1 scoop Reds Powders (Macrolife Miracle Reds or similar)

~ 1 scoop chocolate protein powder, optional (Tera's Whey Powder or similar)

~ 1 square dark chocolate (Giddy Yo Yo or similar brand)

~ 1/4 cup blueberries (frozen is fine)

~ 1/4 cup cherries (frozen is fine)



Blend all ingredients together - preferably in a Vitamix (yup it's worth every penny).



NOTE - this is a smoothie 'recipe' so you can pretty much do what you want; I have never measured and I often change it up a bit and/or add other stuff...but the one constant is the chocolate almond milk and the greens/reds powders - PLUS the berries (either one) must be in there to mask the taste of the greens powders. Without the berries it will taste 'healthy' rather than 'yummy'.

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Recipe name

Lilou - Daily Smoothie

Number of servings

Serves people

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Silk - Dark Chocolate Almond Milk, 1 cup	100	19	3	1	240	17	
Tera's Whey - Chocolate Whey Protein, 1 Scoops	55	3	1	10	25	1	
Macrolife Naturals - Macro Greens, 1 Tbsp.	40	6	2	1	40	2	
Macrolife Naturals - Miracle Reds - Cardio Anti-Oxidant Supplement - Super Fruits & Berries, 1 tablespoon	40	7	1	1	25	3	
Blueberries, 0.25 cup	21	5	0	0	0	4	
Macrolife Naturals - Miracle Reds Anti-oxidant Super Food, 1 Tbsp (9.5g)	40	7	1	1	25	3	
Cherry - Red Cherry, 5 Cherry	20	5	0	0	0	4	
Giddy Yo Yo - Original, 7.75 g	42	4	3	1	1	2	

Add Ingredient

Total:	358	56	11	15	356	36
Per Serving:	358	56	11	15	356	36

Note - this information was calculated from:

<https://www.myfitnesspal.com/recipe/calculator>

It's a great resource anyone can use to calculate nutritional info on original recipes.