



# IMMUNE BOOST GUIDE

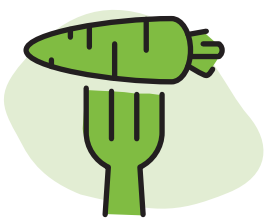


*Facts & Recipes*

# HEALTHY IMMUNE SYSTEM

Supporting a healthy immune system is vital to your overall health. Your immune system plays a role in fighting off not only viruses and outside pathogens, but helps keep your stress levels in check, keeps you energized, and supports your gut health - all of which are vital to healthy living.

## Healthy Ways to Boost Your Immune System



Eat a diet high  
in fruits and  
vegetables



Maintain a  
healthy weight



Drink alcohol in  
moderation



Get adequate  
sleep

We've put together some of our best immune supporting smoothies for you to support a healthy immune system now, and throughout the year.

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# BERRY IMMUNE BOOST

## SMOOTHIE



### Raspberries

Raspberries are an excellent source of Vitamin C, giving you an extra immune boost in a really delicious way.

### Ingredients

1 Berry Super Smoothie pouch

1/2 cup frozen raspberries

1 cup almond milk

1 tbsp chia seeds

1 orange, peeled

### Directions

Blend all ingredients until smooth

Enjoy!



# HEALTHY GUT

## SMOOTHIE



### *Apple Cider Vinegar*

Why apple cider vinegar? Apple cider vinegar, or ACV for short, is a natural laxative and can help improve gut health significantly. In addition to being great for your gut, it can aid in lowering your blood sugar levels, help lower your blood pressure, and support your heart health.

### Ingredients

1 SmoothieBox Chocolate Smoothie Mix

2 scoops SmoothieBox collagen powder

1/2 cup prunes

2 tbsp apple cider vinegar

1 tsp grated ginger

1 squeeze of lemon

1/3 cup greek yogurt

1 cup liquid of your choice (such as plant-based milk)

Cinnamon, sprinkled on top (optional)

### Directions

Blend all ingredients until smooth

Top with cinnamon, if desired.

Enjoy!





# ORANGE IMMUNE BOOSTING SMOOTHIE



## *Turmeric*

Turmeric is a great anti-inflammatory, supporting healthy joints and lessening the effects of arthritis. It's also loaded with antioxidants perfect supporting a healthy immune system.

### Ingredients

1 SmoothieBox Orange Smoothie Mix

1 cup orange juice

1/2 tsp turmeric

1/2 cup shredded carrots

### Directions

Blend all ingredients until smooth  
Enjoy!



# GREEN GINGER DETOX

## SMOOTHIE



### *Chia Seeds*

Why chia seeds? Chia seeds are rich in fiber and antioxidants, supporting your gut and immune system. They're also high in Omega-3, making them the perfect addition to supporting your overall health.

### Ingredients

1 SmoothieBox Green Smoothie Mix

1 tablespoon fresh ginger

1 tablespoon chia seeds

1/2 Frozen banana

1/2 cup pineapple juice

1/2 cup almond milk

### Directions

Blend all ingredients until smooth

Enjoy!



# BERRY FLAX SMOOTHIE



## *Ginger*

Why ginger? Ginger is high in antioxidants, and using raw grated ginger will help reduce inflammation and give your immune system a boost.

## Ingredients

1 SmoothieBox Berry Smoothie Mix

1 tbsp ground flax seed

1 tsp grated ginger

2 tbsp apple cider vinegar

1 cup spinach

1 cup coconut water

## Directions

Blend all ingredients until smooth

Enjoy!





# FIBER BOOST

## SMOOTHIE



### *Flax Seeds*

Flax seeds are rich in Omega-3 and Omega-6, fatty acids that are needed in your diet to help protect against bacteria and viruses. Incorporating 1-2 tablespoons into your diet daily may also help in improving your cholesterol levels.

### Ingredients

1 SmoothieBox Chocolate Smoothie Mix

1 cup nut milk of choice

1 tablespoon flax seed

2 tablespoons cacao nibs

1 tablespoon nut butter

1/2 tablespoon shredded coconut for topping  
(optional)

### Directions

Blend all ingredients until smooth.

Top with shredded coconut, if desired.

Enjoy!





## SHARE YOUR SMOOTHIE

Join the smoothie party with us and our friends!

We love seeing your smoothie creations and swag, so make sure you tag us using:

@smoothiebox + #smoothiebox



For more fun facts and tons of recipes, head on over to

[The Blender!](#)

Excited about SmoothieBox?

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Have an issue or just want to say hello?  
Drop us a note at [hello@smoothiebox.com](mailto:hello@smoothiebox.com)