

# Immune-Boosting Smoothie

*This smoothie is filled with immune-boosting nutrients to help your body build immune defense. The tropical flavors will take you right to the beach where you can enjoy the health of warm summer sun. It's the perfect smoothie to perk you up on days when you feel a bit under-the-weather!*

**Total Time:** 5 minutes

**Servings:** 1

## INGREDIENTS

### Smoothie

- ½ cup Pineapple-Coconut Water
- 2 Guavas, sliced
- 1 Banana
- ½ Mango, sliced
- 1 cup Pineapple chunks
- 2 scoops LifeEssence™ Powder
- ½ cup ice cubes

### Toppings (optional)

- Non-fat Vanilla Greek Yogurt
- Pineapple Slices
- Unsweetened shredded coconut
- Chia seeds

## INSTRUCTIONS

1. In a blender add Pineapple-Coconut Water, guavas, banana, mango, pineapple chunks, ice cubes, and LifeEssence™ Powder.
2. Blend on high until creamy and smooth, scraping down sides as needed.
3. Serve as is or layer with Greek yogurt and top with desired toppings.

