

# Immune Smoothie

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## Ingredients:

- 1 cup frozen mango
- 1 cutie orange- I like to freeze mine
- 1/2 inch fresh tumeric
- 1 cup frozen pineapple
- 1 scoop of vanilla protein
- 8-10 oz of water

Add all ingredients to the blender and blend until smooth

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MADE WITH LOVE

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by Teresa Forehand