



IMMUNE BOOSTER GREEN SHAKE

INGREDIENTS

- 1 organic apple
- 1 organic pear
- 1 slice ginger
- 1/2 cup kale
- 1/2 cup spinach
- 1 frozen banana
- 1 cup water or nondairy milk
- Ice (Optional)



It doesn't get greener than this! A perfect blend of fruits and veggies to create a simple yet delicious shake.

DIRECTIONS

1. Wash fruits and vegetables.
2. Prepare apple and pear by removing seeds before blending.
3. Remove skin of apple and pear if desired.
4. Place all ingredients in blender, add water/nondairy milk and blend until smooth (add ice if desired).
5. Serve and enjoy! (Serves 1)

BENEFITS

- Kale helps fight against inflammation and is a great source of calcium.
- Apples balance blood sugar levels and even help strengthen your bones!