

IMMUNITY BOOSTING SMOOTHIES & BOWLS

Strengthen your
Immune System
and get back to
Good Habits with
these Immunity-
Boosting Recipes



Basics AND Beyond

FITNESS | NUTRITION | REHABILITATION

GettingFit.com



INGREDIENTS

1 large carrot, peeled
2 tangerines or 1 large orange
6 oz fresh orange juice
1 tsp chia seed
6–8 oz plain or Kefir yogurt
3 to 4 dates, pitted
1/2 tsp Cinnamon
1/2 tbsp grated ginger
1/2 tsp vanilla (optional)
Optional 1/2 tbsp coconut oil

ORANGE PROBIOTIC SMOOTHIE

DIRECTIONS

Peel your carrot and oranges.

Place carrots, orange, and juice in a blender. Blend until a thick juice is formed.

Next add your chia seeds, yogurt, spices, ginger, and coconut oil.

Blend again.

To make smoothie bowls, add an additional 1 tsp chia seed and let the blended smoothie mix sit over night, (or at least for a few hours) in the fridge.

The chia seed will help it thicken.

Pour into bowls and garnish with orange slices, cinnamon, gluten free oats, and optional honey.

INGREDIENTS

1 banana
1 cup frozen pineapple
2-3 cups organic spinach
1 knob fresh ginger, peeled (about 2 inches)
1 knob turmeric root (about 2 inches)
1/2 tbsp manuka or raw honey
1/8 tsp freshly ground black pepper
1/2-3/4 cup almond milk or coconut milk

PINEAPPLE GINGER SMOOTHIE

DIRECTIONS

In a large high-powered blender, add in all ingredients and blend on high for 1-2 minutes or until all ingredients are well combined.
If necessary, add in more almond milk to thin the smoothie.
Makes 2 smoothies.

INGREDIENTS

For the Orange Layer

1 small persimmon cut into quarters
1 ripe mango peeled & cut into chunks
1 lime juice only
1 tbsp nut butter of choice
1/2 tsp turmeric powder
A pinch cayenne pepper
1 cup coconut milk

For the Pink Layer

1 small beet root peeled and cut into small cubes
1 cup berries of choice fresh or frozen
1 small pink grapefruit peeled and cut into quarters
1/4 cup fresh pomegranate juice
1/2 cup purified water
5-6 fresh mint leaves

ORANGE-BERRY LAYERED SMOOTHIE

DIRECTIONS

Add all the orange layer ingredients into the blender and process to obtain a smooth liquid.

Pour evenly into the serving glasses.

Add all the pink layer ingredients into the blender and process to obtain a puree.

Pour on top of the orange layer.

Garnish with chia seeds, coconut flakes and mint leaves, and serve right away.

INGREDIENTS

10 oz orange juice
4 oz peach Greek yogurt, frozen
1 cup strawberries, frozen
1 cup peaches, frozen
1/2 cup pineapple chunks, frozen
Handful of ice cubes

PEACH-BERRY SMOOTHIE

DIRECTIONS

Blend all ingredients until smooth.
Serve immediately.

INGREDIENTS

1 cup baby spinach
1 leaf curly or lacinato kale stem removed
1 medium rib celery
1 medium cucumber peeled and roughly chopped
1 inch peeled fresh ginger root
1 lime juiced
Pinch sea salt
Pinch of cayenne optional
2 drops oil of oregano optional
1 cup ice

GREENS DRINK

DIRECTIONS

In a high-powered blender, combine the spinach, kale, celery, cucumber, ginger, lime juice, sea salt, cayenne and oregano oil (if using).

Add the ice and puree until the mixture is cold, frothy, and smooth.

You want the consistency to be somewhere between a juice and a smoothie.

Add more ice as necessary.

Pour the drink into a pint-sized mason jar or glass and enjoy.

INGREDIENTS

2 cups of spinach
1 cup almond milk
1 cup orange juice
1 ripe banana
1/2 cup frozen pineapple
2 kiwis (peeled and chopped)
1 tbsp Baobab Powder
2 tsp Cordyceps CS-4 Powder

TROPICAL FRUITS SMOOTHIE

DIRECTIONS

Place all the ingredients in a blender.
Blend until smooth.
Pour into a glass and enjoy.

INGREDIENTS

1 large orange peeled
1/2 medium banana
1 cup frozen mango pieces
1/2 cup almond milk
1/4 tsp vanilla extract

BANANA MANGO SMOOTHIE

DIRECTIONS

Place all ingredients in a blender and blend until smooth.
Serve immediately.

INGREDIENTS

1/2 banana
1/4 avocado
1 tbsp cashew butter
3 tbsp collagen protein
1/4 tsp simply organic vanilla extract
2 drops liquid stevia
1/2 cup almond milk
1/4 cup coconut water
1/2 cup baby spinach or spring mix lettuce

CHOCOLATE BANANA SMOOTHIE

DIRECTIONS

Combine all ingredients in a blender and blend.
Add more almond milk or ice cubes for texture as needed.

INGREDIENTS

1 small beet, cooked
1 tbsp dairy-free Greek yogurt
1/4 of an avocado
4 medium strawberries
1 tbsp cashew butter
3 tbsp collagen protein
1/4 tsp simply organic vanilla extract
2 drops liquid stevia
1/4 cup almond milk
1/4 cup coconut water

HEART HEALTHY RED VELVET SMOOTHIE

DIRECTIONS

Combine all ingredients in a blender and blend.
Add more almond milk or ice cubes for texture as needed.

INGREDIENTS

1/3 cup cooked sweet potato
1/2 cup Greek yogurt
1 tbsp honey
1/2 tsp cinnamon
1/2 cup nut milk
5 ice cubes
1 scoop chocolate protein powder

CHOCOLATE ALMOND SWEET POTATO SMOOTHIE

DIRECTIONS

Roast or boil your sweet potatoes, cool slightly and scoop out the flesh.
Refrigerate overnight or until cool.
Add everything to your blender and blend on high until smooth and creamy.
Enjoy!

INGREDIENTS

1 cup blueberries
2 tbsp walnuts
1 cup almond milk
1 tsp maple syrup
1 tsp cinnamon
2 tsp chia seeds
1/2 cup ice cubes

BLUEBERRY WALNUT SMOOTHIE

DIRECTIONS

In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more almond milk if necessary to reach desired consistency. Serve immediately.

INGREDIENTS

3/4 cup unsweetened vanilla almond milk
2 cups baby spinach
1/2 cup nonfat plain Greek yogurt
3 tbsp old-fashioned rolled oats
1 1/2 cups frozen mixed berries
1/2 tsp ground turmeric
1/4 tsp ground ginger
2-3 tsp honey

BERRY TURMERIC SMOOTHIE

DIRECTIONS

Place the ingredients in a high-powered blender in the order listed: almond milk, spinach, yogurt, oats, berries, turmeric, ginger, and 2 tsp honey.

Blend until smooth.

Taste and adjust sweetness as desired.

Enjoy immediately.

INGREDIENTS

The juice of 1/2 lemon or lime
1 thumb-sized piece of ginger, peeled
2 cups greens, from your choice of:
spinach, Romaine lettuce, kale, Swiss
chard, beet leaves, parsley, celery
leaves, cilantro
1 ripe banana
1/2 ripe avocado
1 kiwi, peeled
1 tangerine or clementine, peeled
1 tbsp of coconut butter

For the Topping:

Raw cacao beans, finely chopped, or
cacao nibs
Flax meal (freshly ground flax seeds)
Toasted grated coconut (unsweetened)
Dried berries (unsweetened)
Matcha (green tea powder)
Chia seeds
Fresh bee pollen
Freshly ground cinnamon

GREEN SMOOTHIE BOWL

DIRECTIONS

If your blender is not a high-speed blender, chop the smoothie ingredients into bite-sized pieces, including the greens.

At the bottom of the blender, place 3 ice cubes with the lemon juice, ginger, and greens at the bottom of the blender.

Blend well. Add in the banana, avocado, kiwi, tangerine, and coconut butter.

Blend again until completely smooth.

The consistency should be like soft-serve ice cream.

Divide among two bowls, sprinkle with the toppings of your choice, and enjoy!

INGREDIENTS

1/2 cup almond milk
1 cup frozen blueberry
2 tbsp raw cacao powder
2 tbsp honey
1/4 medium avocado
1 large frozen banana
1/2 cup ice

For the Topping:

Fresh blueberries
Pumpkin seeds
Hemp seeds
Goji berries
Chopped Brazil nuts

BLUEBERRY AVOCADO SMOOTHIE BOWL

DIRECTIONS

Place the milk, honey, avocado and cocoa powder in a high power blender and process until smooth.

Add the frozen blueberries, banana and ice and process until thick and creamy. Transfer the smoothie in a bowl and top with fresh blueberries, pumpkin seeds, goji berries, hemp seeds and chopped Brazil nuts or your favorite toppings.

INGREDIENTS

2 cups Dole® Fruit & Veggie Blends Orange Medley
1 cup water
2 tbsp Apple Cider Vinegar
1 tsp turmeric
1/2 tsp ginger
1 tbsp chia seeds

Per Smoothie Bowl:

1/2 tbsp unsweetened shredded coconut
1 tbsp dried golden berries

ORANGE MEDLEY SMOOTHIE BOWLS

DIRECTIONS

Add all ingredients to your blender and blend!
Divide into 2 small bowls and top each with 1/2 a tbsp of coconut
and 1 tbsp of golden berries!
Now enjoy this sweet immune-boosting treat with a dear friend!