

After Your Fast:

**Immune Boosting
Smoothie Recipes**





Did you know that **70%** of the cells that make up your immune system are located in your gut?

That's one of the reasons why Intermittent Fasting is so good for your immune system.

When you give your over-worked gut a much needed break, it has a chance to heal. Your bacteria levels balance out, your cells heal and regenerate and your immune system gets a significant boost as a result.

So, when you're finished your fast, why not keep moving towards better immune health? Choose proven immune-boosting foods and elevate your health even more...

That's just what this little ebook is for - it's a collection of some of our favorite immune boosting smoothie recipes to use after your fast.

So... blend, enjoy, and THRIVE!



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A few notes:

- 1.** Each smoothie has basically the same directions: put the ingredients in the blender, blend them up, enjoy!
- 2.** If you blend soft and liquid ingredients first, it's easier on your blender when you get to harder ingredients, like frozen fruit.
- 3.** Where we've indicated fresh or frozen for fruit ingredients, note that if you use all fresh fruit your smoothie will be thinner, and more frozen will make it thicker. You can use a combination of fresh and frozen. Adjust to get your preferred consistency.
- 4.** Each smoothie recipe yields enough for 2 glasses.

Gut-Healthy Green Smoothie



INGREDIENTS

- 1 cup roughly chopped spinach
- 1 1/2 cups unsweetened almond milk or kefir
- 1/2 cups frozen mango
- 1/2 cup fresh or frozen banana
- 1/2 cup fresh or frozen kiwi
- 1-2 tbsp of [Micelle Liposomal Vitamin C](#)
- 1/2 teaspoon freshly grated ginger
- 1/2 a lemon juiced

The spinach and banana are fuel for your healthy gut bacteria, helping them thrive in their environment.

Vitamin C has long been known to boost your immune system - it works in various ways, but it improves your body's ability to produce antibodies and fight infection/viruses.

Then you have ginger - a natural anti-inflammatory and antioxidant that aids digestion and elevates your immune function.

Orange Probiotic Smoothie



INGREDIENTS

- 1 large carrot, peeled
- 1 large orange
- 1/2 banana, fresh or frozen
- 6 ounce fresh-squeezed orange juice
- 8 ounces plain kefir (or probiotic yogurt if you prefer)
- 3 to 4 dates, pitted
- 1/2 tsp cinnamon
- 1/2 tbsp grated ginger
- 16 pumps [Micelle Liposomal Turmeric](#)
- 1/2 tsp vanilla

This smoothie is loaded with natural sources of vitamin C.

The probiotic from the kefir gives your body a boost of healthy gut bacteria. Cinnamon, ginger, and turmeric relieve inflammation and elevate immune function.

Mango Turmeric Power Smoothie



INGREDIENTS

1 cup almond milk

1 large ripe banana (fresh or frozen)

1 large orange, peeled

16 pumps [Micelle Liposomal Turmeric](#)
(Or sub 1/4 -1/2 tsp turmeric powder)

1 TBSP [Micelle Liposomal Vitamin C](#)

1 cup frozen mango chunks

1/4 tsp cinnamon (optional)

Turmeric and vitamin C are an incredible immune boosting combination.

With these, your body will benefit from less inflammation, more collagen, a boost in antioxidants, decreased cortisol (stress hormone) levels, and improved immune response. Plus, the banana is an excellent prebiotic (gut bacteria fuel), and cinnamon has antimicrobial, anti-inflammatory, AND antioxidant properties.

Carrot Ginger Smoothie



INGREDIENTS

1 cup carrot juice

(if you make it yourself use 2 cups of carrots and 1 & 1/2 cups water)

1 large ripe banana (fresh or frozen)

1 cup pineapple (fresh or frozen)

1/2 tbsp grated ginger

16 pumps [Micelle Liposomal Turmeric](#)

(or sub 1/4-1/2 tsp powdered turmeric)

1/4 tsp cinnamon

1 tbsp lemon juice

1 cup unsweetened almond milk

Carrots contain vitamin C and other antioxidants that help to fight free radicals, combat cell damage, and shut down inflammation.

Ginger, turmeric, and cinnamon work to elevate the benefits of the carrot by relieving inflammation, aiding digestion, and further bolstering your immune system.

Green Tea Smoothie



INGREDIENTS

- 1 cup chilled (strong) green tea
- 1 cup spinach
- 1 frozen banana
- 1 kiwi, peeled
- 1/2 cup frozen mango
- 1 tsp grated ginger
- 1 scoop vanilla protein powder

Green tea is a known immune-booster - it's rich in antioxidants (polyphenols), and has long been used to help the body fight infections, viruses, and illness in general.

Spinach and banana are ideal (healthy) gut bacteria fuel, and ginger will help to relieve inflammation, aid digestion, and help your body fight off illness.

Blueberry Beet Smoothie



INGREDIENTS

1/2 cup fresh squeezed orange juice

1/2 cup probiotic yogurt or kefir

1/2 banana (fresh or frozen)

1/2 cup chopped beets
(small cubes for easy blending)

1 cup blueberries (fresh or frozen)

1 tsp grated ginger

1 tbsp honey or maple syrup
(unpasteurized)

This smoothie is loaded with vitamin C and antioxidants that help to bolster your immune system.

The yogurt or kefir boosts your healthy gut bacteria, which are then fed by the prebiotic in the form of banana. Beets are an excellent source of immune boosting nutrients and they help encourage your body's natural detoxification (they help support kidney and liver function).

Immune Boosting Berry Smoothie



INGREDIENTS

1/2 cup strawberries (fresh or frozen)

1/2 cup blackberries (fresh or frozen)

1/2 cup blueberries (fresh or frozen)

1/2 cup raspberries, (fresh or frozen)

1/4 cup unsweetened almond milk
(coconut, cashew or oat milk work too)

1 tbsp chia seeds

1 orange, peeled

Berries are loaded with antioxidants and vitamins to help bolster your immune system.

The orange adds another source of vitamin C, and the chia seeds are anti-inflammatory and are a great source of iron - this contributes to moving oxygen around your body, which aids immune function.



Boost your immune system & enjoy BIG savings...

Each of these smoothies packs a powerful flavor punch, while delivering nutrients that will bolster and support your gut health and immune system. Any of them would be an ideal option for post-fast meals.

You'll notice some of our recipes call for Micelle Liposomal Turmeric and/or Vitamin C. Both of these products - as well as the rest of

PuraTHRIVE's mighty line of top quality supplements, help to support your overall health. PLUS our patented delivery method ensures you get MAXIMUM absorption of these valuable nutrients.

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