

# Immune POWER

## Smoothies

### ----- Tropical Boost -----



**1 scoop - Nature's Blend  
Vitamin C Powder**

**1 scoop - Nature's Blend  
Protein Powder (Optional)**

**1 cup - Frozen Pineapple**

**1 - Frozen Banana**

**3/4 cup - Coconut Milk**

**1/4 cup - Crushed Ice**

**Mix all ingredients in  
blender and enjoy!**

### ----- Peach Support -----

**1 scoop - Nature's Blend  
Vitamin C Powder**

**1 scoop - Nature's Blend  
Protein Powder (Optional)**

**1 cup - Frozen Peaches**

**1 - Frozen Banana**

**3/4 cup - Almond Milk**

**1/4 cup - Crushed Ice**

**Mix all ingredients in  
blender and enjoy!**

