

# Immune Smoothie



## Ingredients

- 1 small banana
- 1 carrot, chopped
- 1 ½ inch ginger root, peeled
- 1 inch turmeric root, peeled
- ½ lemon squeezed
- 2 tsp local raw honey
- ⅓ cup unsweetened coconut yogurt
- 1 ½ unsweetened nut milk

## Preparation

1. **Place all ingredients in the blender, blend.**