



Orange Julius Smoothie

IMMUNE BOOSTING INGREDIENT SPOTLIGHTS

- 1 Large **Orange**
- 1 Medium **Banana**
- ½ Cup **Greek Yogurt**
- 1-2 Tbsp **Flax Seeds**

Blend ingredients with ice.

Adjust amounts for your flavor preference - there really is no wrong way to make a smoothie!

WAYS TO BOOST IT MORE...

- ½ **Carrot** (sliced)
- 1 serving **Vanilla Protein Powder**

Blend sliced carrot and/or protein powder with extra ⅓ cup water to get some extra veggies and protein power!