

Ultimate Immunity Smoothie

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*1 cup plain vitamin D
fortified with Kefir (or 1/2
cup plain yogurt and 1/2 cup
fortified milk)
1/2 banana, fresh or frozen
1 cup frozen strawberries,
mango or pineapple
1 tablespoon almond butter
1 cup fresh spinach leaves
1 teaspoon chia seeds
1 scoop protein powder
(optional)*

Place all the ingredients in a blender. Blend together for about 1 minute until smooth.

Add water or ice to change the consistency or temperature to your preference.

Per Serving (excluding unknown items): 176 Calories; 11g Fat (51.1% calories from fat); 4g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 2 Fat.