

Immunity Boosting



Smoothies

Recipes from the
Happy Hollow Park & Zoo
Picnic Basket



Banana Smoothie



Ingredients

- 3 cups of frozen banana
- 3/4 cup of Greek yogurt
- 3/4 milk or alternative
- 1 Tbs honey or tsp vanilla extract

Directions

Put banana in blender. Add Greek yogurt. Add milk. Add honey or vanilla. Blend until smooth.

Fun Facts

Bananas supports gut health and they are high in vitamin B6. This vitamin is needed to keep the immune system functioning properly.

Strawberry Smoothie



Ingredients

- 2 cups frozen strawberry
- 1 Banana
- 1/2 cup Greek yogurt
- 1/2 cup milk or alternative
- 1 Tbs of honey or tsp vanilla extract

Directions

Put strawberry and banana in blender. Add Greek yogurt. Add milk. Add honey. Blend until smooth.

Fun Facts

Strawberries are great for your immune system because they're a great source of vitamin C.



Orange Smoothie



Ingredients

- 4 oranges peeled and cut
- 2 cups of ice
- 1/3 cup of milk or alternative
- 1 Tbs honey or tsp vanilla extract

Directions

Put oranges in blender. Add ice. Add milk. Add honey or vanilla. Blend until smooth.

Fun Facts

Orange juice can help support a strong immune system by providing a variety of nutrients and vitamin C.

Pineapple Smoothie



Ingredients

- 1 1/2 cups Pineapple Juice
- 1 Banana
- 1 1/2 frozen pineapple chunks
- 3/4 cup Greek yogurt
- 1 tbs Honey or 1 tbs vanilla extract

Directions

Put frozen banana and pineapple chunks in blender. Add Greek yogurt and honey or vanilla. Add pineapple juice. Blend until smooth.

Fun Facts

Pineapple contains an enzyme called Bromelain which aids the digestion of protein and allows your body to utilize immune boosting amino acids effectively.



Kiwi Smoothie

Ingredients

- 1 Kiwi peeled and cut
- 1 cup green apple cored and peeled
- 1 Banana
- 1 cup Greek yogurt
- 2 cups of spinach
- 1 cup water

Directions

Put spinach in blender first. Then add kiwi, banana and apple chunks in blender. Add Greek yogurt. Add water. Blend until smooth.

Fun Facts

Kiwis are nutrient-dense and full of vitamin C. Vitamin C is an essential nutrient when it comes to boosting your immune system

Cantaloupe Smoothie



Ingredients

- 2 cups frozen starwberry
- 1 Banana
- 1/2 cup Greek yogurt
- 1/2 cup milk or alternative
- 1 Tbs of honey or tsp vanilla extract

Directions

Put cantaloupe in blender. Add Greek yogurt. Add milk and orange juice. Add honey or vanilla. Blend until smooth.

Fun Facts

Cantaloupe are cold fighting nutrients which contains Vitamin A: key for good vision, healthy skin, and a strong immune system.