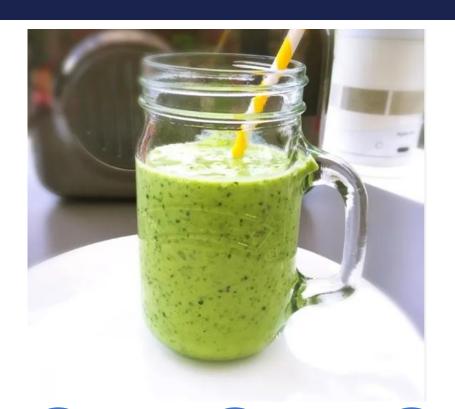
## **KINETIC ENERGY**

## The Immune Booster





## Ingredients:

1-2 handfuls of rinsed spring greens
1 banana
1 peeled orange
1 cup of pineapple
1 handful of blueberries
Half to a cup of water

Stay health even during the flu season with this delicious smoothie packed with antioxidant goodness

1

2

3

4

Method:

Blend all ingredients in your blender

Use frozen fruit if you wish to help keep it cold

Pour into glass and enjoy