

RECIPES

# Anti-Viral Immunity Smoothie

BY [DEREK HENRY](#)TIME [SEPTEMBER 20, 2022](#)[PRINT](#) 

If there ever was a time to drink a potent, anti-viral, and immune boosting [smoothie](#), it's NOW. This smoothie is an excellent way to hydrate, cleanse, and protect against current environmental threats.

## Equipment Required

- Quality blender

## Ingredients

- 1 1/2 cups of berries (combination of raspberries and blueberries)
- 8 oz of coconut milk (BPA free can)
- 8 oz of spring or filtered water (should cover contents)
- 1 tbsp of coconut oil
- 1 tsp of [Hawaiian Spirulina](#) or Chlorella
- 1/2 tsp of [reishi mushroom powder](#)
- 1 tsp of camu camu powder
- 1/2 tsp of ground ginger
- 1/4 tsp of ground fennel
- 1 tsp of organic bee pollen
- The zest of one lemon (or lime)
- 1 small handful of fresh parsley
- Optional: Stevia or monk fruit (to taste preference)

## Directions

- Add all ingredients to blender
- Blend until smooth (if mixture is too thick for blender, add more liquid of choice until it runs smoothly)

## Consumption

Ideally, consume every morning or before any meal.

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