

# Immunity Boost Smoothie

## Instructions

1. Collect the ingredients and prepare or chop items as indicated in the ingredients section.
2. Add all of the ingredients to a blender and blend until smooth.
3. Serve the smoothie in a glass filled with ice.

## Ingredients

- $\frac{3}{4}$  cup of coconut water
- 2 green apples, cored and quartered
- $\frac{1}{4}$  of an English cucumber, chopped
- $\frac{1}{2}$  bunch of flat parsley leaves, chopped
- 1 slice of ginger
- 1 medium lemon, peeled
- 1 cup of ice cubes

## Grocery List

- Coconut water
- Green apples
- English cucumber
- Parsley
- Ginger
- Lemon