

Time-Saving Breakfast Smoothies to Save Your Immune System



1. The Citrus Star Breakfast Smoothie

Grapefruit is high in both vitamin C and zinc.

Vitamin C may help to boost your body's production of white blood cells, which are absolutely crucial for fighting off viral or bacterial infections. But forget old standbys like oranges. Grapefruit is the true superhero in some breakfast smoothies. Besides very high levels of vitamin C, it also contains a healthy amount of zinc, which further boosts your immune system.

1 medium grapefruit, peeled with seeds taken out

1 large apple, cored

2 cups spinach

1 large frozen ripe banana

A couple of ice cubes

1/2 cup of your favorite nut milk

Add all the above contents to a blender and blend until smooth.

2. Ginger Detox Smoothie

Ginger root is rich in numerous antioxidants, but it is especially prized for its anti-inflammatory compounds.

Ginger is high in gingerol, which may help to decrease inflammation, thus supporting your immune system while reducing the risk of numerous diseases linked with chronic inflammation, like heart disease and arthritis. Ginger also has a “warming” effect, making it perfect for a cold spring morning.

This breakfast smoothie also contains berries, which are incredibly high in vitamin C and other immune system-boosting antioxidants.

1 ripe, frozen banana

1 apple, cored

1 cup frozen mixed berries

1 cup plant-based milk of your choice

1 tsp grated ginger root

Blend all ingredients and enjoy!

3. Yummy Yogurt Blend

The strawberries in this yogurt smoothie are also high in vitamin C.

The better your gut health, the better your immune system health. The live cultures in yogurt and other fermented foods don't just support your gut health, but they also may help to stimulate your immunity and ward off numerous illnesses. Plus, yogurt is rich in protein, so this breakfast smoothie may increase satiety (your sense of fullness). Breakfast smoothies that utilize the powder of probiotics should be a part of every week!

1 frozen ripe banana

1/2 cup unsweetened Greek yogurt

1/4 cup pineapple juice

1 cup strawberries

1 teaspoon orange juice

2-3 ice cubes

Blend until smooth and sip your way to a stronger immune system.

4. Green Tea Goodness

Green tea matcha, traditionally used on its own but here added to your breakfast smoothies, has a special amino acid that can boost your immune system.

Why choose between your caffeinated morning beverage and your morning breakfast smoothie? This nutrient powerhouse includes green tea matcha, which will give you a caffeine kick to get your day going. Matcha is also high in an amino acid known as L-theanine, which may help your body to produce more T-cells (the cells in the immune system that fight off bacteria and viruses).

1 large frozen mango, cubed

2 frozen ripe bananas

1 cup spinach

2 tsp matcha green tea powder

1 cup light coconut milk

It's very important to blend the milk and matcha powder first, to ensure the green tea is mixed evenly. Then, add all other ingredients, blend and enjoy!



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