

# Immunity Smoothie

Yield: 2 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/smoothie-recipe-for-weight-loss-india>

## Ingredients:

- 2 bananas peeled
- 1 cup frozen mixed berries
- 1 teaspoon fresh ginger
- 1/2 cup ice or more if you want it like a slushie
- 2 kiwi fruit peeled
- 1/2 cup water or Almond milk if you want a creamier smoothie

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 40 grams
3. Fat: 1 grams
4. Fiber: 6 grams
5. Protein: 2 grams
6. Sodium: 10 milligrams
7. Sugar: 22 grams

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