**Banana Spice** *(Makes 2 servings)*

This all-natural superfood smoothie is the ultimate in boosting immunity. Adding just a ½-inch chunk of fresh ginger to your green smoothies provides amazing health benefits, like reducing inflammation, aiding digestion, and helping the body naturally detoxify. It may also help alleviate pain—from arthritis to menstrual pain and more. It's like an all-natural ibuprofen, immunity booster, and anti-inflammatory.

2 cups spinach  
2 cups unsweetened coconut milk  
3 bananas  
1 piece (½-inch) fresh ginger, peeled  
½ tsp ground cinnamon  
⅛ tsp ground cardamom

**1. BLEND** the spinach and coconut milk until smooth.  
**2. ADD** the bananas, ginger, cinnamon, and cardamom and blend again.

**Tips:** For a gut-healing super boost, swap 1 cup coconut milk for 1 cup coconut yogurt. A little ginger goes a long way, so if you’re not used to using fresh ginger, start off small and add more as your taste buds adjust.

**Spinach Benefits**: **Spinach** is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese.

**Coconut Milk Benefits**: **Coconut Milk** is highly nutritious and rich in fiber, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous. Unlike cow's milk, coconut milk is lactose free so can be used as a milk substitute by those with lactose intolerance.

**Watermelon Mojito** (*Makes 2 servings)*

Watermelon and mint are a super healing combo, and when blended together in a smoothie, they taste indulgent. Watermelon contains lycopene, which is a powerful antioxidant that can protect against degenerative diseases and help cells function better. Mint contains menthol, which is a natural decongestant that helps break up phlegm and mucus. Blend up this treat when you are feeling under the weather or need to clear your sinuses.

2 cups Swiss chard, stems removed  
¼ c fresh mint, stems removed  
2 cups chopped watermelon  
2 cups chopped mango  
Juice of ½ lime

**1. BLEND** the Swiss chard, mint, and watermelon until smooth.  
**2. ADD** the mango and lime juice and blend again.

**Tip:** There's no need for an added liquid base in this recipe; once you blend your watermelon, it will liquefy and make melon "juice."

**Swiss chard Benefits**: **Swiss chard** is an excellent source of vitamin K, vitamin A, vitamin C, magnesium, copper, manganese, potassium, vitamin E and iron. It is a very good source of dietary fiber, choline, vitamin B2, calcium, vitamin B6, phosphorus and protein.

**Mint Leaves Benefits: Mint** is a great appetizer or palate cleanser, and it promotes digestion. It also soothes the stomach in case of indigestion or inflammation. When your stomach feels sick, drinking a cup of **mint** tea can give you relief.

**Purple Power Healer** (Makes 2 servings)

Boost your health with this healing elixir! Red cabbage (the purple kind) contains anthocyanin’s, which studies have shown help suppress inflammation. Elderberry extract is a natural cold and flu fighter, which is why it's always in our fridge! It is also called Sambuca and is considered a natural alternative to synthetic cough-and-cold syrups.

2 cup chopped red cabbage  
1 cup water  
1 orange, peeled  
1 cup blackberries  
1 banana  
1 tsp elderberry extract

**1. BLEND** the cabbage, water, and orange until smooth.  
**2. ADD** the blackberries, banana, and elderberry extract and blend again.

**Tip:** Try red cabbage microgreens—studies show that they can have more vitamin C than full-grown cabbage.

**Elderberry Extract Benefits: Elderberry extract** is a major Cold and Flu relief. Elderberries are an excellent general immune system booster, Sinus Infection Aid, Lower Blood Sugar, Natural Diuretic, Natural Laxative, Encourage Healthy Skin, Ease Allergies and May Help Prevent Cancer.

**Red cabbage Benefits:** One cup of chopped **red cabbage** has 28 calories, .1 gram of fat and 1 gram of protein. You’ll get 2 grams of dietary fiber, which is 5 percent of the recommended daily intake for men and 8 percent for women. Insoluble fiber from red cabbage prevents constipation, lowers the risk of developing diverticular disease and helps relieve the symptoms of some gastrointestinal conditions, such as irritable bowel syndrome.