

# Immune Booster Splash

Feeling run down, flat, or just in need of a little pick-me-up? This Immune Booster Splash is a refreshing blend of fruit, vegetables, and natural ingredients that delivers a bright, zingy flavour while helping you stay hydrated and feeling your best.

## Ingredients

- 1 carrot, chopped
- 1 apple, chopped
- Juice of 1 lemon
- 2 cm piece fresh ginger
- ½ orange, peeled
- 4–5 strawberries
- ¾ cup coconut water
- Handful of ice

## Preparation Time

10 minutes

## Servings

1 large serve or 2 smaller serves

## How To Make It

1. Wash all fruit and vegetables thoroughly.
2. Chop the carrot and apple into smaller pieces.
3. Add all ingredients to a blender.
4. Blend until smooth and creamy.
5. Pour into a glass and enjoy immediately.

## Why You'll Love This Drink

- Refreshing and hydrating
- Naturally sweet with no refined sugar
- Packed with fresh fruit and vegetables
- Quick and easy to prepare
- Bright fruity flavour with a pleasant ginger zing

*Enjoy fresh and drink immediately for the best flavour.*