

Immune Booster Herbal Smoothie

1 cup Immune Booster herbal tea

1 cup coconut milk or plant based milk of choice

2 hand full of spinach or green leafy vegetable of choice

2 bananas

6 dates

1 Tablespoon iris moss gel

A piece of ginger root (add the amount of ginger to your preference)

ice cubes

Procedure:

Add all the ingredients to a blender and blend until smooth. Pour into your favorite mug and enjoy!

Immune Booster tea blend ingredients:

Equal parts of:

Echinacea Purpurea herb

Elder Flowers

Elderberries

Astragalus

Cat's Claw

Ginger

To make the tea: Add one tablespoon of the blend to one cup (8 oz.) of hot distilled water. Let it infuse for 30 minutes or more. Strain and enjoy. You can drink one to two cups of this tea throughout the day. You can also add it to your favorite smoothie.