

# Immunity Builder Smoothie

## *Ingredients:*

1/4 cup almonds (whole, blanched or slivered)

1/2 cup ice

1/2 cup mango

1/2 cup cantaloupe

1/4 cup pineapple

1/4 cup milk of your choice (almond milk works well in this recipe)

## *Method:*

In a blender, put the almonds in first, then add all the other ingredients. Blend well until smooth.

As an added nice social activity, make a list and go for a shopping trip together to buy the ingredients.

