

# 55 Delicious Smoothie Recipes



*for* Optimal  
**Gut-Immune Health**



The  
**Gut-Immune**  
Solution

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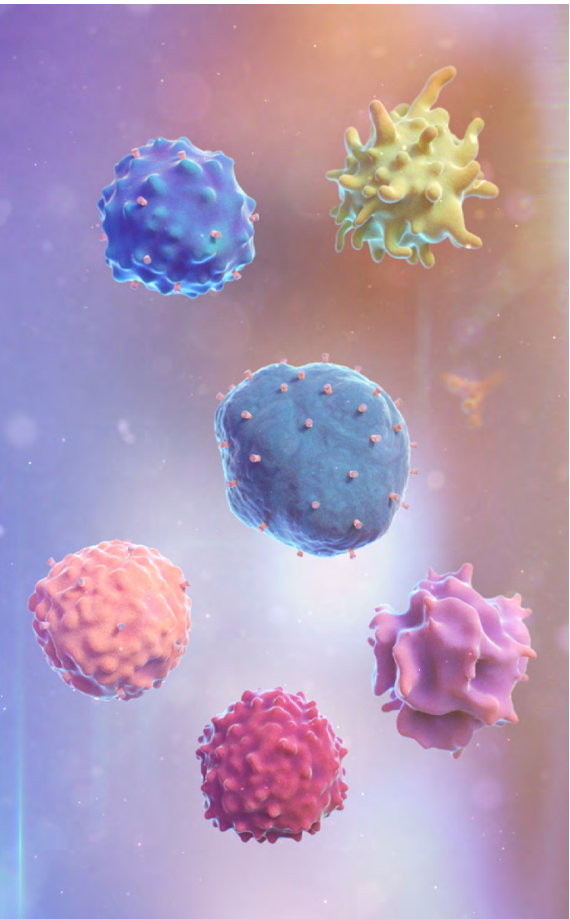
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# Introduction

Whether you have a simple cold, a flu that makes you ache and sweat, or a long-term infection such as Epstein-Barr or Ross River Fever, it's a sign your immune system is impaired and your defense system is down.



We are exposed to viruses and bacteria on a daily basis. When we go to the shops, use a public bathroom, or shake hands with our neighbors, we are exposing ourselves to potential pathogens. That's why it's important to cover the basics like washing our hands, avoiding others when they are sick, and making sure to get enough sleep.

**But have you ever wondered why two people who have the same exposure experience different outcomes — one gets sick and the other doesn't? The difference all boils down to the strength of their immune system.**

Your immune system is essentially your body's '*department of defense*.' When your immune system is working well, it acts like a powerful, well-regulated army consisting of several highly specialized types of 'combatants' whose job it is to first recognize the threat and then respond to it appropriately.

Your immune system is a network of organs, tissues, cells, and even bacteria that work together to protect you against foreign invaders such as bacterial pathogens, viruses, parasites, and fungi. Your lymph nodes, spleen, bone marrow, white blood cells, cytokines, thymus, lymphocytes, and even your gut microbiome are all part of this defense network.

The mucus membranes, for example, which are found in places like your nose, eyes, and mouth, use white blood cells to fight infections before they can get inside you. Then you have T cells and B cells, which work together to create antibodies that fight off pathogens and then destroy infected cells throughout your body. Your bone marrow and spleen are responsible for making the white blood cells which fight infections — and your lymphatic system transports a fluid containing the white blood cells throughout your body.

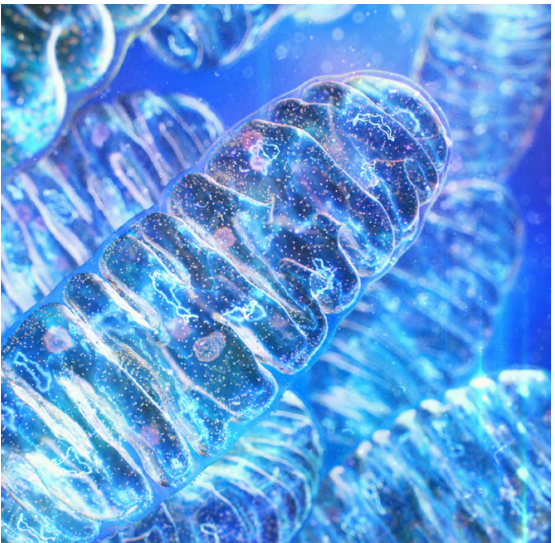
## The Role of Your Gut in Immune Function

**Your gut also plays a large role in the development and function of your immune system. This is because 70-80% of your immune system is in the gut. It's actually influenced and taught by the gut microbiome!**

It has been estimated that the human gut houses 100 trillion microbial cells (collectively referred to as the gut microbiota), which is 10 times the number of human cells.<sup>1</sup>

<sup>1</sup> Sender R, Fuchs S, Milo R. Revised Estimates for the Number of Human and Bacteria Cells in the Body. *PLoS Biol.* 2016 Aug 19;14(8):e1002533. doi:10.1371/journal.pbio.1002533. eCollection 2016 Aug. PubMed PMID: 27541692; PubMed Central PMCID: PMC491899.





Some would even say we are more bacteria than we are human! Your microbiome includes not only bacteria, but also fungi, parasites, and viruses. In a healthy person, these “bugs” coexist peacefully with the largest numbers found in the small and large intestines. When everything is running smoothly, your gut sends signals for the development of healthy immune responses.

In exchange, your immune system helps to populate your microbiome with health-promoting microbes which provide protection from invaders (pathogenic organisms) by competing for nutrients and attachment sites at the mucus membranes of the gut. These bacteria are also essential in the digestion and absorption of nutrients from your food that are critical for the proper functioning of your immune system.

**The more diverse your microbiome is — the more you have of the different beneficial bacteria and the less you have of the harmful ones — the healthier your gut is going to be and the more robust your immune system. The intestinal lining of your gut is delicate and if it becomes compromised, you are more vulnerable to new harmful invaders. Therefore, nourishing your gut and correcting any gut bacteria imbalances can go a long way in strengthening and modulating your overall immune system.**

## Diet and Immunity

Since your immune system can be altered by environmental, dietary, and lifestyle factors, it’s possible to strengthen your defenses through nutrition. In fact, when it comes to promoting a healthy immune system, nutrition is critically important. As you get older, it becomes even more important to eat more immune-supporting foods, as immunity typically declines with age due to nutrient deficiencies and impaired absorption.

**Since the early 1960s, systematic scientific research has repeatedly confirmed that a diet high in fiber from vegetables, fruits, and other unprocessed plant foods and low in processed and chemically adulterated foods can enhance your immune system and protect you from a wide range of serious diseases. Nutrition experts and scientists worldwide agree that high intakes of saturated fats from meat, dairy products, and convenience foods are linked with coronary heart diseases and that the activity of the immune system is improved by decreased total fat intake.**

Hundreds of reliable studies show that fresh vegetables, fruits, nuts, seeds, and greens are packed with immune-supporting phytochemicals. By applying knowledge of these nutrients and how they work to your diet, you can enhance your immune system and help protect yourself against a host of ailments.

**Smoothies are a fun and easy way to get lots of these immune-supporting foods into your diet. However, not all smoothies are good for you. In fact, popular smoothie blends often contain ingredients that actually feed imbalances and fuel the disease process.**





# How Smoothies Can Make You Sick

While we tend to automatically associate smoothies with healthy eating, many people are unknowingly making a habit of consuming smoothies that actually contain harmful ingredients.

**The top offenders that you must avoid when selecting a smoothie are:**

## 1. Dairy Products

Milk is often added to smoothies to provide a creamy texture. Unfortunately, that's not all it provides. The saturated fat found in dairy products can turn a healthy shake into a disease-promoting blend. That's because when we regularly consume dairy products, problematic shifts occur in the gut microbiome marked by a loss of diversity and an increase in pathogenic microbes, notably *Bifidobacteria wadsworthia*.<sup>2</sup>

Increased levels of *Bifidobacteria wadsworthia* are associated with a greater incidence of Inflammatory Bowel Diseases, such as colitis. Additionally, these changes in the microbiome can disrupt the balance between the immune system and our beneficial microbes, resulting in an upregulated inflammatory response that

increases the risk of chronic disease while simultaneously leaving us more vulnerable to passing infections.

You'll never miss drinking smoothies that contain dairy after trying our gut-healthy, anti-inflammatory smoothie recipes!

## 2. Refined Protein

Protein powders are touted as an easy way to boost our protein intake for muscle building, tissue repair, and the formation of hormones and enzymes. However, isolated protein formulations may cause more problems than they solve.

They often contain added sugar (more on that below) and can even be a source of toxins such as heavy metals, BPA, and pesticides.<sup>3</sup>

<sup>2</sup> "Dietary fat-induced taurocholeic acid production promotes pathobiont ...." <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3393783/>. Accessed 15 Jan. 2022.

<sup>3</sup> "Protein Powder White Paper - Clean Label Project." <https://cleanlabelproject.org/labelprotein-powder-white-paper/>. Accessed 15 Jan. 2022.

Continued exposure to these toxic elements disrupts the microbiome, triggers sustained inflammation, and compromises the immune system.

The good news is that you can get all the protein you need with safe and healthy whole food ingredients and in this collection you will learn how to do just that.

## 3. Added Sugar

The final ingredient that you really need to look out for is added sugar. And, truth be told, it's easier said than done. Restaurant smoothies that boast healthy ingredients can contain added sugar in excess of the safe consumption for an entire day in a single serving.

Even if you are buying a smoothie at the grocery store where you have the advantage of reading the label, you can easily be fooled because sugar can go by nearly 200 different names, some of which may sound like healthy ingredients.

*(Does fruit juice concentrate ring a bell? That's just a clever way of disguising added sugar.)*

The problem with sugar is that it suppresses the immune response. In fact, a single teaspoon of sugar interferes with your immune system's ability to fight infections for a full 6 hours from the time you consume it.

In this collection, you will learn how to make sweet-tasting smoothies that satisfy your taste buds and promote the health that you deserve. You see, the little choices we make every day about the foods we eat add up. With every meal, we are choosing either to improve our health or to gamble with an increased risk of disease.

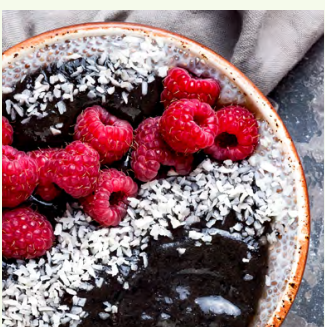
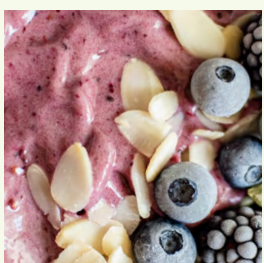
By choosing the foods that nourish the gut and strengthen the immune system, we can be healthier and more resilient, both now and for the years to come.

## Ready to learn more?

[Watch The Gut-Immune Solution](#) — a 10-part docuseries masterclass with 20+ health experts, physicians, researchers, and nutritionists about how to **strengthen your immune system, fight off illnesses, and keep your family healthy** by improving your gut health... Get practical tools based on cutting-edge science being discovered right now by top researchers in the field. Discover how to strengthen your gut health to bolster your immunity naturally... and at home.



# let's make Smoothies







## #1 Golden Milk Frappe

Golden milk is a nourishing ancient remedy. It features turmeric and ginger, both of which reduce inflammation and support a healthy immune response. Black pepper is added for superior absorption of turmeric, while carrot juice provides vitamins A, C, and B6 along with carotenoid antioxidants. Coconut milk is rich in lauric acid and MCTs that have been shown to boost immunity and reduce infections. The fat in coconut milk also improves the absorption of the healing curcumin found in turmeric.

### Ingredients

- ☀️ 1 inch of fresh ginger
- ☀️ 1 inch of fresh turmeric
- ☀️ Pinch of black pepper
- ☀️ ½ cup carrot juice or 1 carrot
- ☀️ 1 banana
- ☀️ 1 cup coconut milk

### Method

1. Add all ingredients to the blender and blend to a smooth consistency.
2. Serve over ice.



## #2 Immune Booster

Feel like you're coming down with a cough or cold? This formula may give your immune system the boost you need for a better recovery. Elderberry syrup is rich in vitamins and minerals that support the immune system. It has been used medicinally to clear infections and boost immunity for centuries. Strawberries and dragon fruit add polyphenols along with vitamin C. Hemp seeds provide omega-3 fatty acids plus the zinc that is vital for a healthy immune response. Kombucha pulls it all together with antioxidants and probiotics.

### Ingredients

- ☀️ 1 ½ cups Kombucha
- ☀️ 1 teaspoon elderberry syrup
- ☀️ 1 cup frozen strawberries
- ☀️ 1 cup frozen dragon fruit
- ☀️ 1 tablespoon hemp seeds

### Method

1. You can use plain kombucha or kombucha infused with berries or ginger for added nutritional value.
2. Add all ingredients to the blender and blend to a smooth consistency.



## #3 Healthy Heart Beet

According to the World Health Organization, heart disease is the leading cause of death worldwide, killing nearly 18 million people every single year. Fortunately, there is a lot we can do to prevent cardiovascular disease. In addition to adopting a heart-healthy lifestyle that includes plenty of exercise and avoiding tobacco and alcohol, we can support our hearts with foods that encourage healthy circulation. This recipe features beets for nitrates which improve blood flow along with walnuts, one of the best sources of omega-3 fatty acids. Coconut water adds electrolytes and raspberries have been shown to lower blood pressure and prevent stroke and heart disease.

### Ingredients

- ☀️ 1 small red beet
- ☀️ 1 banana
- ☀️ 1 cup frozen raspberries
- ☀️ ¼ cup walnuts
- ☀️ 1 ½ cups coconut water

### Method

1. Add all ingredients to the blender and blend to a smooth consistency.



## #4 Breathe Easy Smoothie

This recipe features all of the top nutrients that can help you recover from a cough or cold. Pineapple for bromelain, which has been shown to reduce inflammation, support respiratory health, and help the body to break up and expel mucus. Mango is rich in vitamins A and C. Cherries provide quercetin, an antioxidant that helps with upper respiratory tract infections. Quercetin augments the action of vitamin C, ushers zinc into the cells, and inhibits the overactivation of mast cells. Brazil nuts are a great source of selenium, an antioxidant mineral that supports a healthy immune response, and Swiss chard which stimulates bitter receptors throughout the body. Fresh-squeezed OJ pulls it all together with an added boost of vitamin C and electrolytes.

### Ingredients

- ☀️ 1 cup fresh pineapple
- ☀️ 1 cup fresh or frozen mango
- ☀️ ½ cup frozen cherries
- ☀️ ¼ cup Brazil nuts
- ☀️ 1 cup Swiss Chard
- ☀️ 1 cup fresh-squeezed orange juice

### Method

1. Roughly chop the beet for easier blending.
2. Add all ingredients to the blender and blend to a smooth consistency.





## #5 Iron-Rich Green Smoothie

While it's well-known that iron is needed for oxygen delivery in the body, many people don't realize that iron also plays an important role in immunity. Iron is required for both the initial non-specific immune response as well as for the adaptive phase of the immune system. This smoothie will help you boost your iron levels, with iron-rich apricots, dates, kale, and oat milk. This recipe also contains plenty of vitamin C and fiber, which are needed to properly absorb iron.

### Ingredients

- ☀ 1 banana
- ☀ 1 cup kale
- ☀ 1 cup dried apricots
- ☀ ½ cup fresh-squeezed orange juice
- ☀ 1 date
- ☀ 1 cup oat milk

### Method

1. Simply add all ingredients to the blender and blend at high speed to a smooth and creamy consistency.



## #6 Blood Sugar Balancer

Dysregulated blood sugar fuels bodywide inflammation and suppresses the immune system. This recipe features tasty, nourishing ingredients that encourage stable blood sugar levels. Berries provide minerals and antioxidants and have been shown to improve blood sugar regulation. For a low-glycemic alternative, substitute fresh or frozen peaches. Oats are an excellent source of fiber, which slows the absorption of sugar and provides sustained energy. Cinnamon is a natural anti-diabetic and adds a zesty spice to this creamy delight.

### Ingredients

- ☀ 2 cups mixed frozen berries
- ☀ 1 teaspoon cinnamon
- ☀ 1 cup oats
- ☀ 1 cup water
- ☀ 1 cup ice

### Method

1. Soak the oats in water for 30 minutes for easier blending.
2. Add all ingredients to the blender and blend to a smooth consistency.





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## #7 Happy Gut Blend

70% of the immune system is found in the gut. That means we have to have a healthy gut in order for our immune system to be at its best. This low-FODMAP recipe is full of gut-healing foods. Aloe vera soothes and restores the gut lining. Kiwi contains prebiotic fiber to nourish the microbiome and is a natural remedy for constipation. Papaya supports stomach acid and spinach is a great source of glutamine, while coconut yogurt is a gentle source of nourishing probiotics.

### Ingredients

- ☀️ ¼ cup aloe vera gel
- ☀️ 1 ½ cups spinach
- ☀️ 2 kiwifruits, peeled and chopped
- ☀️ ½ cup coconut yogurt
- ☀️ 1 cup fresh or frozen papaya
- ☀️ 1 cup water

### Method

1. Blend all of the ingredients and enjoy.



55 DELICIOUS SMOOTHIE RECIPES FOR OPTIMAL GUT-IMMUNE HEALTH



## #8 Watermelon Delight

Watermelon is excellent for hydration. After all, it's 92% water! But that doesn't mean it's lacking in nutrients. Watermelon is a great source of vitamins A and C, plus it contains 40% more lycopene than tomatoes. This simple, refreshing blend is a great option when you're not feeling well enough for a full meal. You can also use it for a detoxifying breakfast or to rehydrate after a workout.

### Ingredients

- ☀️ 4 cups chilled watermelon

### Method

1. Add 1 cup of chopped watermelon to the blender. Once it is well-blended you can slowly add in the rest of the watermelon. For easier blending, start with small pieces. Once you have a bit of liquid in the blender you can throw in bigger pieces.





## #9 Black Forest Stress Buster

If you want to have a healthy immune system, it is essential that you avoid being stressed out and sleep-deprived. This smoothie might taste like a dessert, but it's actually rich in all the nutrients you need to overcome stress and get the rest you need to be healthy. Chia seeds and almonds are good sources of tryptophan, the famous sleep-inducing amino acid. Almonds and cacao provide magnesium and cherries are a natural source of melatonin. You'll also be getting plenty of omega-3 fatty acids and immune-supporting polyphenols with this rich and creamy cherry chocolate blend.

### Ingredients

- 1 ½ cups almond milk
- 2 teaspoons cacao
- 1 tablespoon chia seeds
- 1 or 2 Medjool dates
- 1 cup frozen cherries

### Method

1. Blend all of the ingredients and enjoy chilled.



## #10 Katie's Detox Smoothie

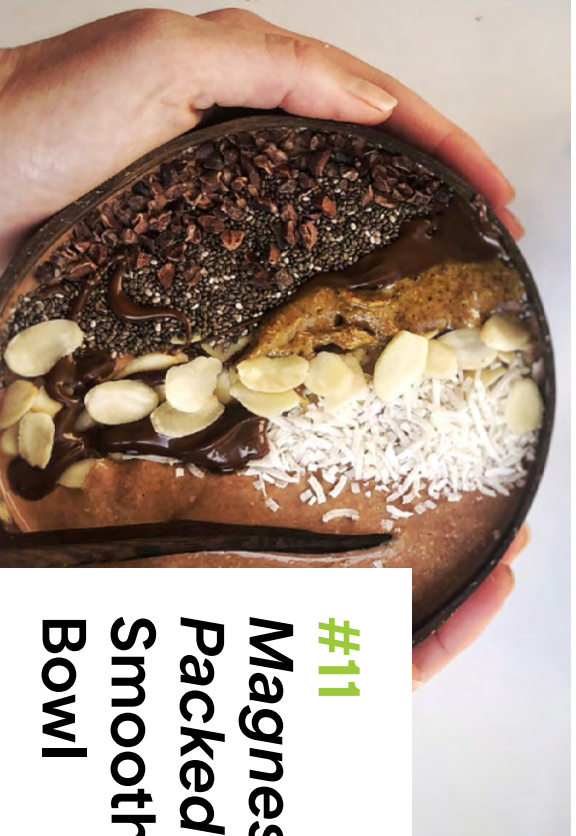
The first step to detoxification is avoiding toxic exposures in the first place. Unfortunately, no matter how careful we are, it is inevitable that we are exposed to toxic compounds that weaken our immune system. Heavy metals, plastics, mold, and other environmental toxins disrupt hormonal balance, compromise the mucus membranes of our airways, and interfere with the signaling of the immune system. This smoothie, which was formulated by our very own naturopath, is a simple, holistic way to help your body release damaging toxins.

### Ingredients

- 1 frozen banana
- 1 spinach
- ½ cup kale
- 2 bunches of fresh cilantro, roots included
- 1 teaspoon chlorella powder
- Juice of ½ lemon
- 1 Medjool date
- Water to blend to desired consistency
- 1 teaspoon activated charcoal

### Method

1. Add all ingredients except for the charcoal to your blender and blend to a smooth consistency.
2. Wait 2 hours, then consume the charcoal blended into water. This will bind to any toxins that have been released so they can be eliminated from the body.



## #11 Magnesium- Packed Smoothie Bowl

A great way to start your day and make sure you have your recommended dietary intake of magnesium is with this magnesium-packed smoothie. Optimum magnesium levels help with anything and everything gut-related and it's important for your immune system, too. Magnesium is needed for the creation, activation, and performance of immune cells.

### Ingredients

- ☀️ ¼ cup cashews (soak for at least 2 hours, but best soaked overnight)
- ☀️ ¼ cup pumpkin seeds
- ☀️ 2 dates
- ☀️ 2 Tbsp cacao powder
- ☀️ 1 banana, frozen
- ☀️ ¼ cup rolled oats
- ☀️ 1 Tbsp ground flaxseed
- ☀️ ½ cups almond milk

### Toppings

- ☀️ Sliced almonds
- ☀️ Chia seeds
- ☀️ Cacao nibs
- ☀️ Desiccated coconut
- ☀️ Nut butter (e.g. cashew or almond)

### Method

1. Blend ingredients in a food processor until mixture is smooth and creamy.
2. Pour into a bowl and garnish with sliced almonds, chia seeds, cacao nibs, desiccated coconut, and nut butter.



## #12 Ginger Berry Smoothie

This gut-loving smoothie contains some important ingredients for a healthy gut, including anti-inflammatory ginger, which helps to fight off unfriendly microbes. Blueberries and strawberries add so much more than just sweetness – they're also some of the best prebiotic foods around! Mix it all together and you get a scrumptious smoothie that's loaded with nutritional goodness and terrific for your gut.

### Ingredients

- ☀️ 2 cups almond milk
- ☀️ 1 banana, frozen
- ☀️ 1 cup frozen blueberries
- ☀️ 1 cup frozen strawberries
- ☀️ ½-inch piece of ginger, peeled and minced

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Serve immediately and top with fresh or frozen blueberries and strawberries.







## #13 Strawberry Flax Smoothie

The greatest benefits of flax to the gut are that it's packed with fiber, magnesium, omega-3, and lignans. Lignans are fiber-related polyphenols that support the growth of probiotics in the gut. Whole flax seeds will pass through your gut undigested, which means you won't get all the benefits. Make sure you use ground flax so your gut can absorb the nutrients. Strawberries offer extra fiber and loads of prebiotic nutrients in this simple smoothie.

### Ingredients

- ☉ 1 cup oat milk
- ☉ 1 cup fresh or frozen strawberries
- ☉ 1 Tbsp ground flax

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Serve immediately.



## #14 Gut-Healing Smoothie

Gut healing in a glass? Absolutely! The chia seeds deliver both magnesium and healthy fats; the banana and Medjool date sweeten it naturally; and the insoluble fiber in collard greens feeds the good bacteria in your gut. Give your gut the TLC it deserves and make this green smoothie!

### Ingredients

- ☉ ½ cup oat milk
- ☉ 1 collard green leaf, de-stemmed
- ☉ 1 banana, frozen
- ☉ 2 teaspoons chia seeds
- ☉ 1 Medjool date, pitted

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Serve immediately.



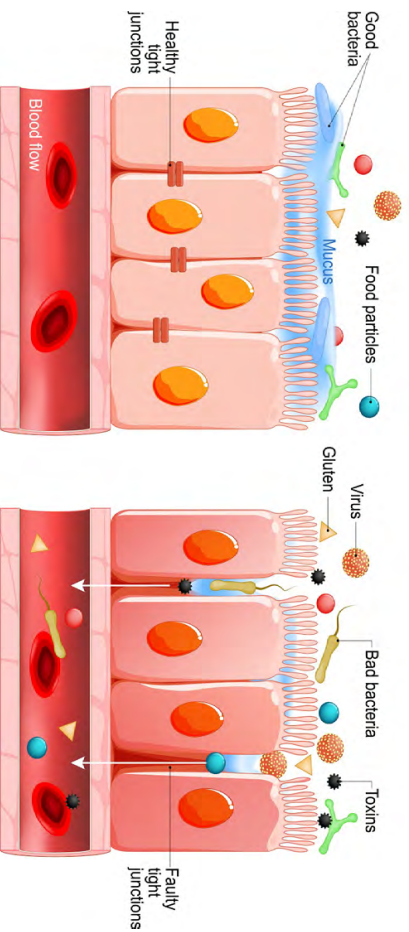
# Leaky Gut and the Immune System

## Why is it so important to support the gut lining?

The gut lining is a critical part of the barrier component of the immune system that separates us from the outside world. Its role is to keep us separate from the bacteria in the gut as well as undigested food particles. When the gut is leaky, this essential barrier is compromised, creating a breach in our immune system's first line of defense.

When the gut is healthy, only the usable components of food can cross the lining: vitamins, minerals, amino acids, glucose, monoglycerides, and fatty acids. These are the building blocks of our muscle and tissue, as well as the fuel for our cells. When the gut is leaky, undigested proteins, carbs, and fats can leak into the bloodstream. They can't be utilized by the body and they are recognized by the immune system as foreign invaders, prompting a chronic inflammatory response.

Additionally, bacteria, yeast, fungi, and parasites can also leak into the bloodstream. While the gut is designed to host these organisms and maintain a healthy balance between microbes and ourselves, when they travel throughout the body, the immune system becomes chronically engaged in attempting to restore balance.



On top of that, toxins created by pathogenic bacteria also enter the bloodstream. Endotoxin, also referred to as lipopolysaccharide (LPS), is a toxic compound that is found in the cell membrane of gram-negative bacteria and released into the local environment when the bacteria die. LPS activates the innate immune system, triggering a cytokine response. When the gut is leaky, the part of the immune system that lines the digestive tract becomes chronically engaged.

**The immune activation caused by leaky gut results in a cytokine imbalance. An excess of pro-inflammatory cytokines develops, while anti-inflammatory cytokines are suppressed. Such an imbalance is associated with numerous chronic diseases, including autoimmune disease, cancer, chronic heart failure, kidney disease, asthma, COPD, pulmonary fibrosis, and diabetes.**

A leaky gut also suppresses the components of the immune system that respond to viral and bacterial infections. An imbalance develops wherein the T-helper 2 system becomes overactive, fueling allergies and food sensitivities, while the T-helper 1 system is suppressed. The T-helper 1 system is the part of the innate immune system that fights infections. Thus, a leaky gut will make you more vulnerable to contagious pathogens like colds, sinus infections, and the flu.

**That's why it's so important to look after your gut!**

**To find out about all of the ways you can support your gut and reduce your risks of illness and disease, [be sure to tune in to the Gut-Immune Solution masterclass free screening.](#)**

The  
**Gut-Immune**  
Solution







## #15 Blackberry Smoothie Chia Pudding Parfait

*Prebiotic chia pudding is the base for this fruity, creamy parfait. As an added prebiotic benefit, we also threw in some blackberries and bananas. Kale rounds out the recipe to help fuel better gut health.*

### Smoothie

- ☀ 4 kale leaves, de-stemmed
- ☀ 2 cups coconut milk
- ☀ 1 cup fresh or frozen blackberries
- ☀ 2 fresh or frozen bananas

### Pudding

- ☀ 1 cup coconut milk, divided in 2
- ☀ ¼ cup chia seeds, divided in 2

### Method

1. Mix the pudding ingredients thoroughly in two separate jars. Leave for 10 minutes then mix again to stir up chia seeds that may have settled at the bottom. Place jars in the fridge overnight.
2. In the morning, blend smoothie ingredients in a blender until mixture is smooth and creamy.
3. Pour half of smoothie into one jar and half into the other.
4. Top with fresh blackberries.



## #16 Hemp and Raspberry Smoothie

*This smoothie is a great way to get a dose of gut-strengthening zinc and prebiotics. Zinc supports a healthy gut lining and is integral to the functioning of the immune system. Hemp seeds are an outstanding source of zinc, and they're used both whole and milked in this recipe. Silken tofu also contains a good amount of zinc and provides a creamy texture, while frozen raspberries add fiber and prebiotics.*

### Ingredients

- ☀ ½ cup frozen raspberries
- ☀ ¼ cup silken tofu
- ☀ 1 Tbsp hemp seeds
- ☀ ½ cup hemp milk

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Serve immediately.





## #17 Golden Pineapple Smoothie

Pineapple is a key player in halting harmful gut bacteria. There are proteolytic enzymes in pineapple that assist in digestion. Plus, pineapple contains enzymes, vitamins, and minerals that support the immune system. Add some gut-stabilizing banana for a delicious tropical treat!

### Ingredients

- ☀️ ½ cup pineapple chunks, frozen
- ☀️ ½ cup banana slices, frozen
- ☀️ ½ cup coconut water
- ☀️ ¼ cup coconut milk
- ☀️ ½ tsp vanilla extract

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Pour into glass, sprinkle ground ginger as a topping and serve immediately.



## #18 Creamy Green Smoothie

Our fatty friend avocado is unexpectedly high in fiber along with essential nutrients like potassium. Potassium helps promote a healthy gut by communicating signals from the brain to the digestive muscles. This great green smoothie mixes potassium-rich avocado with magnesium-rich spinach and hydrating cucumber (to keep things moving along!).

### Ingredients

- ☀️ 1 avocado
- ☀️ 2 big handfuls of baby spinach
- ☀️ ½ cucumber
- ☀️ 4 celery sticks
- ☀️ 1 cup almond milk
- ☀️ 6 ice cubes
- ☀️ 2 dates

### Method

1. Blend ingredients in a blender until mixture is smooth and creamy.
2. Serve immediately.





## #19 Triple-Berry Breakfast Smoothie Bowl

Full of those creamy, almondy, berry flavors that work so well together. Always try to get organic sprouts, fruit, and vegetables to prevent exposure to harmful pesticides. Strawberries, raspberries, and blueberries are all great sources of prebiotic polyphenols that support the gut and promote immunity.

### Ingredients

- ☀️ ½ cup frozen strawberries
- ☀️ ½ cup shredded kale
- ☀️ 2 tablespoons raw oats
- ☀️ ½ cup frozen raspberries
- ☀️ ½ cup almond milk
- ☀️ 1 cup frozen blueberries
- ☀️ 1 tablespoon almond butter
- ☀️ Fresh berries to garnish
- ☀️ ½ cup broccoli sprouts
- ☀️ 1 tablespoon coconut flour

### Method

1. Shred the kale before putting it into the blender with everything else.
2. Blend until everything is still a little chunky.
3. Tip into a bowl. Garnish with fresh berries and a sprinkling of oats.



## #20 Detoxifying Fresh Green Smoothie

The accumulation of toxins in the body fuels hormonal disruption and triggers bodywide inflammation contributing to weakened immunity and compromised gut function. Try as we might, toxins cannot be entirely avoided. That means it's important to support our organs of elimination and what better way than with a delicious and refreshing green smoothie?

### Ingredients

- ☀️ ½ cup spinach or chard
- ☀️ ¼ of a lemon, peel and white parts removed
- ☀️ 1 celery stalk
- ☀️ ¼ cucumber, peeled
- ☀️ 1-inch piece of ginger, peeled
- ☀️ ½ cup frozen mango pieces
- ☀️ 2 tablespoons flaxseed, ground
- ☀️ 1 cup water

### Method

1. Prepare all ingredients and place them in your blender.
2. Blend until smooth.
3. Serve at once while still cold.





## #21 Nutty Banana Smoothie

*If you're looking for a healthy lunch that will fuel you up for an active afternoon, look no further than this Nutty Banana Smoothie! This one is loaded with minerals like magnesium, potassium, and zinc that support healthy digestion and improve immune performance. Did we mention that it's so rich and creamy that you could just as well serve it up for dessert?*

### Ingredients

- ☀ 1 cup almond or coconut milk
- ☀ 1 small banana
- ☀ 1 tablespoon cashew/almond butter
- ☀ 1 tablespoon cacao powder
- ☀ 1 teaspoon powdered cinnamon
- ☀ 2 tablespoons chia seeds

### Method

1. Put all the ingredients together in your blender.
2. Blend until smooth, scraping down the sides if necessary.
3. If the mixture is too thick, add another half cup of plant milk.



## #22 Cup of Calm

*Did you know that high stress levels and low quality sleep compromise your immune system? The kiwis in this smoothie contain large amounts of serotonin, a chemical that lifts the mood and promotes relaxation. It is converted to melatonin, the sleep hormone, in the body. This promotes better, deeper sleep. This blend is a delicious way to reduce your stress levels, support better sleep, and nurture your immune system.*

### Ingredients

- ☀ ½ green apple, unpeeled
- ☀ ½ lemon, juice squeezed
- ☀ 2 kiwifruits
- ☀ 1 celery stalk
- ☀ ¼ cucumber, peeled
- ☀ ¼ avocado, peeled
- ☀ 2 teaspoons cacao nibs
- ☀ 1 tablespoon chia seeds
- ☀ 1 cup crushed ice cubes

### Method

1. Put everything into the blender together.
2. Leave for a few minutes to thicken up.
3. Drink immediately while still chilled.





## #23 Savory Green Smoothie

You may find the flavor of this smoothie a little unusual because it's savory rather than sweet. Think of it as lunch in a glass. It contains several hormone-balancing ingredients and is especially beneficial for the liver. Your liver performs so many essential tasks. It stores vitamins and minerals, makes proteins, and breaks down toxins. It also plays an important role in your immune response.

### Ingredients

- ☀️ 1 cup chilled filtered water
- ☀️ 2 tablespoons fresh lemon juice
- ☀️ ½ ripe avocado
- ☀️ 5 Brazil nuts
- ☀️ ½ cup broccoli sprouts
- ☀️ ½ teaspoon cumin powder
- ☀️ ½ cup fresh parsley or cilantro,
- ☀️ 1 teaspoon powdered maca root
- chopped
- ☀️ Pinch of salt
- ☀️ Pinch of black pepper

### Method

1. Put everything together in a blender and process until smooth.
2. Pour into a glass and enjoy chilled with some extra ice cubes if desired.



## #24 Berry “Ice-Cream” Smoothie

Rest assured that this delicious smoothie is much healthier than regular ice cream! It features an uncommon smoothie ingredient: cauliflower. Cauliflower and other cruciferous veggies are a great source of L-glutamine, the most popular nutrient for healing leaky gut. Plus, they enhance the elimination of toxins from the body and they're loaded with vitamins and antioxidants that support the immune system.

### Ingredients

- ☀️ 1 cup chilled almond milk
- ☀️ ½ cup frozen cauliflower
- ☀️ Big handful of frozen mixed berries such as blueberries and strawberries
- ☀️ 2 tablespoons almonds or pecans
- ☀️ 2 tablespoons chia seeds
- ☀️ ½ teaspoon natural vanilla extract

### Method

1. Blend everything together.
2. If too thick, add a little more almond milk.
3. Drink while it's still chilled.





## #25 Creamy Lean, Green Smoothie

The avocado adds a delicious creaminess to this not-too-sweet drink, while the zucchini and kale provide vitamins, minerals, and fiber. Kiwifruit is especially beneficial for the gut. It promotes regularity and reduces the symptoms of IBS. Hemp seeds give this blend a rich and creamy texture while providing omega-3 fatty acids that reduce inflammation and restore balance to the microbiome.

### Ingredients

- ☀️ 1 cup chilled coconut/cashew milk
- ☀️ 2 small zucchinis, trimmed
- ☀️ ½ small avocado, peeled
- ☀️ 2 handfuls shredded kale
- ☀️ 2 kiwifruits, peeled
- ☀️ 2 tablespoons hemp seeds

### Method

1. Prepare your veggies then put everything together into the blender.
2. Blend until smooth and creamy.
3. Enjoy immediately.



## #26 Creamy Berry Blend

### Ingredients

- ☀️ 1 banana
- ☀️ ½ cup frozen blackberries
- ☀️ ½ cup frozen blueberries
- ☀️ ½ cup broccoli sprouts
- ☀️ 1 tablespoon raw oats
- ☀️ 1 tablespoon chia seeds
- ☀️ 4 Medjool dates, pitted
- ☀️ 1 cup chilled water

### Method

1. Blend everything together until smooth.
2. Pour into a tall glass and drink chilled.

*Did somebody say antioxidants? Berries have the antioxidants you need for glowing skin and youthful vitality. They're also packed with prebiotic polyphenols that selectively nourish desirable species in the gut microbiome. Plus, the oats and chia seeds provide an abundance of soluble fiber. Think of this smoothie as a buffet for your friendly microbes!*



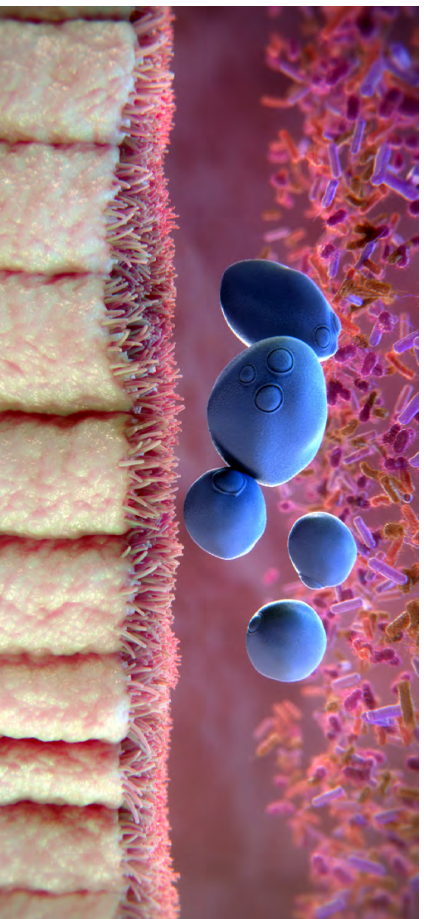
# The Gut Microbiome

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The gut ecosystem or microbiome is essentially the ecology, diversity, and spread of bacteria that inhabit not only the small and large intestines but also the mouth, skin, vagina, and placenta during pregnancy. There are 38 trillion microbes and includes not only bacteria but also fungi, parasites and viruses. In a healthy person, these microbes coexist peacefully with the largest numbers found in the small and large intestines. The composition of the gut microbiome is influenced by many factors such as genetics, age, socio-economic factors, nutrition, stress, and environmental factors including chemicals, pollutants and antibiotics.

## Research has shown that the microbiome contributes to numerous functions within the body.

Microbiota contribute to metabolic functions and are essential for digestion. They break down potentially toxic food compounds and synthesize certain vitamins and amino acids including B vitamins and vitamin K. The microbiome is involved in the regulation of hormones, nervous system function and affects directly or indirectly most of our physiological functions. Most importantly, microbiota stimulate and help to regulate the immune system.



Want to know more about the microbiome and all of the things you can do to improve your immune status by supporting your protective microbes?

Then you don't want to miss the [Gut-Immune Solution](#) [masterclass free screening!](#)

 The  
**Gut-Immune**  
Solution



55 DELICIOUS SMOOTHIE RECIPES FOR OPTIMAL GUT-IMMUNE HEALTH



## #27 Pink and Pretty Pomegranate Smoothie

Hormonal regulation is an important component of immune function. This smoothie is specially formulated for women who suffer from low estrogen levels and all that goes along with that such as vaginal dryness, low libido, and painful intercourse. Pomegranate has been used for hundreds of years to improve fertility and better estrogen balance. Some studies suggest that it may protect against cervical and ovarian cancer.

### Ingredients

- ☀ 1 cup pomegranate juice
- ☀ 1 cup frozen strawberries
- ☀ ½ small avocado, peeled
- ☀ 1 handful of spinach leaves
- ☀ 1 tablespoon flaxseeds
- ☀ 1 tablespoon almond butter
- ☀ 1 cup almond or hemp milk
- ☀ Pomegranate arils to garnish

### Method

1. Put everything into the blender and blend until smooth.
2. Pour into a chilled glass and garnish with pomegranate arils.
3. Enjoy immediately while still chilled.



## #28 Tropical Island Style Smoothie

This delectable smoothie has luscious mango and pineapple flavors. Mango contains an abundance of vitamin C and is a great source of beta-carotene, which the body uses to make vitamin A. Mangoes are also full of minerals like magnesium, copper, and potassium, all of which are essential for a healthy immune response.

### Ingredients

- ☀ 1 mango, peeled and sliced, or 1 cup of frozen mango cubes
- ☀ 1 ripe banana
- ☀ 1 thick slice fresh pineapple or ½ cup frozen pineapple cubes
- ☀ 1 handful broccoli sprouts
- ☀ 1 cup chilled coconut water

### Method

1. Put everything into the blender and blend until smooth.
2. Pour into a big glass and drink chilled.







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## #29 Goji Berry Chocolate Smoothie

Although the title of this recipe sounds as though it's very sweet, it actually is low in sugar. The avocado, coconut butter, and nuts provide good fats to satisfy your hunger and provide sustained energy. The pumpkin seeds are high in zinc and protein. Pre-soak the berries and nuts overnight in water to make them easier to blend.

### Ingredients

- ☀️ 1 cup almond milk, chilled
- ☀️ 2 tablespoons hazelnuts, soaked overnight
- ☀️ ½ avocado
- ☀️ 1 tablespoon cacao powder
- ☀️ 2 tablespoons dried goji berries, soaked overnight
- ☀️ 2 teaspoons coconut butter
- ☀️ 1 tablespoon pumpkin seeds
- ☀️ ½ teaspoon natural vanilla extract
- ☀️ ¼ teaspoon ground cinnamon

### Method

1. Soak the nuts and berries overnight.
2. In the morning, drain them and put into the blender with everything else.
3. Blend until very smooth. Drink immediately.



## #30 Refreshing Green Summer Salad Smoothie

Light and refreshing for those hot summer days, this smoothie tastes great and provides an abundance of nutrients. What more could you ask for?

### Ingredients

- ☀️ ½ cup broccoli sprouts
- ☀️ ½ an avocado, peeled and seed removed
- ☀️ ½ English cucumber, keep the skin on
- ☀️ Pinch Himalayan salt
- ☀️ Pinch black pepper
- ☀️ ½ teaspoon turmeric powder
- ☀️ 1 cup chilled coconut water

### Method

1. Cube the cucumber and the avocado and put into the blender.
2. Add all the other ingredients and process until everything is smooth.
3. Pour into a glass and serve chilled.
4. Garnish with an extra cucumber or lemon slice if you like.





## #31 Adrenal Tonic

You might be surprised to learn that your sex hormones influence your immune system.

*In fact, sex hormones play an important role in regulating the immune response. After the age of 40, our ovaries and testes begin producing less and less hormones and we rely on our adrenal glands to provide us with sufficient amounts of estrogen, progesterone and testosterone. The adrenal glands also bear the brunt of the burden when we are stressed or sleep-deprived. This blend gives your adrenals the love they need to keep you balanced and happy.*

### Ingredients

- ☀️ ½ cup frozen blueberries
- ☀️ 1 cup frozen cauliflower
- ☀️ 1 small banana
- ☀️ 4 Medjool dates
- ☀️ 1 tablespoon cacao nibs
- ☀️ 1 tablespoon hemp seeds
- ☀️ 1 tablespoon maca powder
- ☀️ 1 tablespoon flaxseeds, ground
- ☀️ 1 tablespoon vanilla extract
- ☀️ 1 cup chipped ice

### Method

1. Put everything together in a blender and process until smooth.
2. Pour into a glass and enjoy straight away.



## #32 Pituitary Support Smoothie

*When you think of your immune system, you probably don't think about your pituitary gland. However, the pituitary gland plays a big role in the growth, differentiation, and function of every cell in the body, including immune cells. This smoothie is full of ingredients to balance your hormones and bring relief to the pituitary gland, in particular.*

### Ingredients

- ☀️ 1 ripe, frozen banana
- ☀️ ½ cup frozen raspberries
- ☀️ 1 cup almond or coconut milk
- ☀️ 1 tablespoon hemp seeds
- ☀️ 1 tablespoon sesame seeds
- ☀️ 1 teaspoon chia seeds
- ☀️ 1 teaspoon spirulina
- ☀️ 1 teaspoon maca powder

### Method

1. Put everything together in a blender.
2. Blend until smooth.
3. Serve cold.





## #33 Black Forest Smoothie

Remember black forest cake? Cherries and cream and chocolate... you get the idea. This creamy smoothie has echoes of that and it's much, much healthier. Plus, it's rich in micronutrients that support a healthy gut and vibrant immunity.

### Ingredients

- ☀️ ½ cup broccoli sprouts
- ☀️ 2 tablespoons cacao powder
- ☀️ 1 cup frozen black cherries
- ☀️ ½ teaspoon vanilla extract
- ☀️ 3 tablespoons cashew or macadamia nut butter
- ☀️ 1 cup chilled almond milk

### Method

1. Blend everything together.
2. If it's too thick for your taste add another ½ cup of almond milk or some ice.
3. Enjoy cold.



## #34 Spicy, Warming Cinnamon Chocolate Smoothie

This one is wonderful in winter because it's creamy and chocolately. It features maca which is a great source of iron and other nutrients that keep your immune system at it's best. Begin slowly with maca if you haven't had it before. Gradually increase to the larger amount if you find it agrees with you.

### Ingredients

- ☀️ 1 cup almond milk
- ☀️ 1 tablespoon cacao powder
- ☀️ 1 tablespoon almond butter
- ☀️ ½–1 teaspoon maca powder
- ☀️ 1 tablespoon flaxseed, ground
- ☀️ ½ teaspoon powdered cinnamon
- ☀️ ½ teaspoon vanilla extract

### Method

1. Blend everything together until smooth.
2. Serve cold or gently warm on the stove top.





## #35 Gorgeous Goji Smoothie Bowl

Dried goji berries make wonderful snacks. You can also add them to yogurt or muesli and of course, to your smoothies. They're a powerful superfood that's been used in China for thousands of years. In addition to having potent antioxidant properties, goji berries have traditionally been used to fight infections and enhance immunity.

### Ingredients

- 1 cup coconut milk, chilled
- 1 small banana
- ½ cup chopped frozen strawberries or raspberries
- A handful of spinach
- 2 tablespoons dried goji berries
- 1 tablespoon hemp seeds
- 1 tablespoon almond butter
- 1 tablespoon cacao powder
- 1 or 2 Medjool dates for sweetness, optional

### Method

1. Put everything together in a blender and process until very smooth.



## #36 Raspberry and Cinnamon Breakfast Smoothie

This pink smoothie is a lovely combination of fruitiness and creaminess, reminiscent of a childhood berry milkshake. And it's healthy enough to be something you can be happy to offer a child!

### Ingredients

- 1 small banana
- 1 cup almond milk
- Big handful of frozen raspberries
- 1 tablespoon almond butter
- Big pinch of powdered cinnamon
- 1 tablespoon flax seeds, ground
- 1 teaspoon maca powder, optional

### Method

1. Put everything in the blender and blend until you have a nice smooth consistency.
2. Pour into a glass and garnish with extra raspberries.
3. Enjoy chilled.





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## #37 One for the Guys

According to a study recently conducted at Innsbruck Medical University, low testosterone in men is an independent risk factor for severe disease from COVID-19. Researchers conclude that while men and women are equally likely to contract COVID-19, men are at greater risk of severe illness and death from the virus, thanks to widespread deficiencies in testosterone. This smoothie is specially formulated to stabilize male hormone levels. It has a beautiful red wine color and a delicious, satisfying flavor.

### Ingredients

- 1 cup ice chips
- 1 handful blueberries
- ½ small beetroot, peeled
- A few broccoli florets
- 1 handful of red grapes
- 1 tablespoon pumpkin seeds

### Method

1. It's best to cut the beet into small pieces before blending.
2. Put everything in together and process until as smooth as possible.
3. Enjoy while still chilled.



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## #38 Sweet Potato Smoothie

Sweet potatoes are an excellent source of fiber that supports the gut microbiome, which in turn ensures that your immune system is at it's best. This blend is also rich in the vitamin C and antioxidants your immune system needs to take care of you.

### Ingredients

- 1 cup orange juice
- A handful of kale
- 1 small orange sweet potato, steamed or baked
- ¼ cup sunflower seeds
- 1 tablespoon hemp seeds

### Method

1. Remove the skin of the sweet potato once it has been cooked.
2. Put everything together into the blender and blend until very smooth.
3. Pour into a glass and serve garnished with a slice of orange.



## #39 Watermelon Smoothie

*Did you know that watermelon seeds are good for you? They contain an impressive number of minerals that support the immune system such as copper, zinc, potassium, magnesium, and iron. They also have healthy oil for glowing skin and shiny hair. All these ingredients are necessary for a healthy gut, too.*

### Ingredients

- 2 cups chilled watermelon, seeds included
- ½ a pink grapefruit, skin and white parts removed
- A handful of spinach
- 3 tablespoons hemp seeds
- 1 teaspoon maca powder

### Method

1. Blend everything together very well, making sure that the seeds are finely chopped.
2. Pour into a big glass and drink chilled.



55 DELICIOUS SMOOTHIE RECIPES FOR OPTIMAL GUT-IMMUNE HEALTH

## Fiber and the Immune System

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When it comes to enhancing the immune system, fiber is the single most important nutrient as it provides food for the good bacteria in your gut. Like all living organisms, even the bacteria in your body need fuel to survive and the fiber in your diet is what provides that fuel.

**Insoluble fibers are generally poorly fermented by gut microbes, however, their presence in the diet helps draw water into the stool to soften it and speed up transit time. It is soluble fiber, which is fermented by gut bacteria and thus has the ability to enhance the immune system.**

These beneficial bacteria help to maintain the integrity of your gut lining so food proteins, pathogens and other harmful molecules cannot enter your bloodstream and trigger an immune response and subsequent inflammation. Also, by increasing the production of anti-inflammatory proteins called interleukin-4, soluble fiber changes the personality of immune cells — they go from being pro-inflammatory cells to anti-inflammatory cells that help you recover faster from infection.

To find out which foods contain the fiber that you need for a healthy immune response and learn about fun and tasty ways to increase your fiber intake, [join us for the Gut-Immune Solution masterclass free screening.](#)







## #40 Blueberry and Banana Balancing Smoothie

*Sulforaphane in broccoli sprouts is anti-inflammatory. It supports a healthy immune response and inhibits the development and progression of cancer. Try freezing your broccoli sprouts before blending them. This helps to break down the cell walls and release the sulforaphane. This balancing blend combines the healing qualities of broccoli sprouts with plenty of fiber and antioxidants to support overall wellness.*

### Ingredients

- ☀️ 1 frozen banana
- ☀️ 1/2 cup shredded kale
- ☀️ 1/2 cup frozen blueberries
- ☀️ 1 cup nut milk of your choice
- ☀️ 1/2 cup broccoli sprouts
- ☀️ 1 teaspoon maca powder
- ☀️ 1 tablespoon chia seeds

### Method

1. Blend everything together.
2. Pour into a glass and serve cold.



## #41 Testosterone Boost Tropical Smoothie

*Healthy testosterone levels are important for a balanced immune response. Too little testosterone leaves us vulnerable to infections, whereas excessive testosterone increases the risk of autoimmune disease. Imagine you're on a tropical island as you sip this delicious smoothie through an eco-friendly bamboo straw. Coconut oil helps the body to synthesize testosterone, estrogen, and progesterone. The enzyme bromelain in the pineapple supports healthy testosterone levels too.*

### Ingredients

- ☀️ 1 cup coconut milk
- ☀️ 1 small banana, peeled
- ☀️ 1/4 of a small pineapple, peeled
- ☀️ 1 small mango, peeled
- ☀️ 1 teaspoon coconut oil
- ☀️ 1 teaspoon chia seeds
- ☀️ 2 tablespoons water

### Method

1. Soak the chia seeds in the water in the blender for about 15 min until the mixture becomes thick.
2. Add all the other ingredients and blend until everything is smooth.





## #42 Green Tea Ginger Smoothie

Studies at John Hopkins Medical Institute have shown that broccoli sprouts reduce levels of *Helicobacter pylori*, the bacteria that causes stomach ulcers and stomach cancer. This tasty blend combines broccoli sprouts with green tea, a well-known source of antioxidants which supports the immune system and improves the microbiome.

### Ingredients

- ☀️ 1 frozen banana
- ☀️ 1 cup strong green tea, chilled
- ☀️ ½ cup frozen broccoli sprouts
- ☀️ 1 cup frozen blueberries
- ☀️ 1 tablespoon chia seeds
- ☀️ 1 tablespoon hemp seeds
- ☀️ 1 inch of fresh ginger root

### Method

1. Make the tea and chill it.
2. Peel and finely grate the ginger root.
3. Put everything together into the blender and process until blended and frothy.
4. Serve chilled.



## #43 Strengthening Blueberry and Brazil Nut Smoothie

Hormonal balance is foundational to a healthy immune response. Testosterone is by no means a “men only” hormone. Women have it in their bodies too, just in smaller amounts than men. Blueberries are considered a superfood that ensures a positive hormone balance. Bok choy provides the health benefits of other cruciferous veg but with a milder flavor. Celery contains two androgens which are believed to improve testosterone production, which is why bodybuilders often juice it. It's best to have this smoothie straight after a workout if possible.

### Ingredients

- ☀️ 1 cup almond milk, well chilled
- ☀️ ½ bok choy
- ☀️ 2 Brazil nuts
- ☀️ 1 cup blueberries, frozen
- ☀️ 1 celery stick
- ☀️ 1 teaspoon maca powder
- ☀️ ½ teaspoon stevia for sweetness

### Method

1. Cut up the vegetables so they fit in your blender.
2. Blend on high speed until everything is very smooth.
3. Drink at once.







## #44 Apple Pie Smoothie

Have your cake and eat it too with this nutritious blend that can be served as a healthy breakfast to start your day or enjoyed as a rich and satisfying dessert. Apples provide prebiotic fiber and polyphenols while cinnamon helps to promote healthy blood sugar levels. This is one “slice of pie” that your body will thank you for indulging in!

### Ingredients

- ☀️ ½ cup coconut milk
- ☀️ 1 sweet apple, cored and peeled
- ☀️ 1 teaspoon maca powder
- ☀️ 2 tablespoons almond or cashew butter
- ☀️ ¼ teaspoon cinnamon powder
- ☀️ 2 dates

### Method

1. Blend everything together until smooth and creamy.
2. Pour into a glass and serve sprinkled with more cinnamon powder.



## #45 Energy-Boosting Summer Smoothie

Regular exercise supports a healthy gut and keeps the immune system primed for action. Sometimes it's time for a workout but you really don't have the energy. Matcha is a special form of green tea that contains both caffeine and L-theanine. It encourages a state of alert calm and induces relaxation without causing drowsiness. No wonder coffee drinkers around the world are making the switch to matcha!

### Ingredients

- ☀️ 1 cup chilled almond or hemp milk
- ☀️ 1 small banana
- ☀️ ½ cup frozen pineapple cubes
- ☀️ ½ lemon, juiced
- ☀️ 2 teaspoons matcha powder

### Method

1. Blend everything together until smooth.
2. Pour into a tall glass and enjoy on a hot day.





## #46 Green Smoothie with Pineapple

We've infused lots of flavor into this smoothie so that you can really get the benefit of the superfoods in it, such as the kale. The combination of fruits, greens, and seeds packs an abundance of immune-supporting nutrients. This truly is delectable!

### Ingredients

- ☀️ ½ sweet, ripe pineapple, peeled and chopped
- ☀️ ½ avocado, peeled
- ☀️ Big handful of kale, finely chop
- ☀️ 3 Medjool dates, pits removed
- ☀️ 1 tablespoon hemp seeds
- ☀️ ½ cup chilled water

### Method

1. Prep your fruit and veg first.
2. Put everything together in the blender and process on high speed until smooth.
3. Pour into a glass and drink immediately.



## #47 Miracle Mango Smoothie

Mango is not just sweet and juicy, it's also loaded with important nutrients like vitamin A, vitamin C, and fiber. It's rich in enzymes that support healthy digestion and it provides the building blocks your immune system needs to keep you healthy. Mangoes are a treat you can feel good about indulging in. No wonder it's the most popular fruit worldwide!

### Ingredients

- ☀️ 1 cup frozen mango pieces
- ☀️ 1 small banana
- ☀️ ½ cup almond milk
- ☀️ 1 teaspoon maca powder
- ☀️ 1 teaspoon flaxseeds, ground
- ☀️ 1 teaspoon sesame seeds, ground
- ☀️ 1 knob of fresh ginger, peeled and grated

### Method

1. Put everything together in a blender and blend until very smooth.
2. Add extra almond milk if the smoothie is too thick for your liking.
3. Drink straight away.





## #48 Strawberry and Chocolate “Milkshake” Smoothie

Who says healthy food can't taste great? This smoothie contains no dairy, but it still has the flavor of a fresh, creamy strawberry milkshake. Plus, it features nutrient-dense foods to keep you at your best. Rinse the sprouts well before using them, but don't worry to dry them before adding them to the blender.

### Ingredients

- ☀ 1 cup almond milk
- ☀ 2 tablespoons hemp seeds
- ☀ ½ cup broccoli sprouts
- ☀ 1 frozen banana
- ☀ 1 cup frozen strawberries
- ☀ 1 tablespoon cocoa powder
- ☀ 4 Medjool dates, pits removed

### Method

1. Put everything into the blender and mix on high speed until very smooth and creamy.
2. Pour into a large milkshake-style glass and serve with a straw.



## #49 Love Your Liver

The liver is so important for the immune system. This smoothie provides maximum benefits to keep this vital organ detoxing our bodies as it should. Dandelion greens are a natural diuretic and so is parsley. Substitute celery for the greens if you don't have any on hand. Cherries have good amounts of flavonoids which are antioxidants that nourish the microbiome and keep the gut in balance.

### Ingredients

- ☀ 1 small banana
- ☀ 1 cup spinach, shredded
- ☀ Small handful of parsley
- ☀ 1 tablespoon dandelion greens
- ☀ ½ cup frozen cherries
- ☀ 1 tablespoon chia seeds
- ☀ 1 cup chilled water
- ☀ 1 or 2 Medjool dates, to taste

### Method

1. Blend everything together well.
2. Enjoy immediately.



## #50 Anti-Inflammatory Smoothie

Chronic inflammation is an indicator that the immune system is out of balance. This yummy smoothie combines two potent anti-inflammatory spices — ginger and turmeric — with the summery flavor of ripe peaches.

### Ingredients

- ☀️ 2 ripe peaches, stoned
- ☀️ 1 cup almond milk
- ☀️ Pinch of cardamom
- ☀️ ¼ teaspoon turmeric powder
- ☀️ 1 teaspoon grated fresh ginger
- ☀️ 1 teaspoon chia seeds

### Method

1. Blend all the ingredients together until smooth.
2. Pour into a glass and enjoy immediately.



## #51 Pumpkin Pie Smoothie

This is a well-balanced smoothie because it contains protein, fat, and fiber. The flaxseed will help to balance inflammation, and the dandelion will support your liver as it eliminates toxins and waste.

### Ingredients

- ☀️ ½ cup steamed, mashed pumpkin
- ☀️ ½ cup almond milk
- ☀️ Handful of dandelion greens
- ☀️ ¼ teaspoon vanilla extract
- ☀️ ¼ teaspoon cinnamon
- ☀️ ¼ teaspoon turmeric
- ☀️ Small knob of ginger, peeled and grated
- ☀️ 1 tablespoon coconut butter
- ☀️ 2 Medjool dates, pitted
- ☀️ 1 tablespoon sesame seeds, ground
- ☀️ 1 tablespoon flaxseeds, ground
- ☀️ ¼ cup pecans
- ☀️ Pinch of Himalayan salt

### Method

1. After grinding the seeds, blitz everything together in your blender until smooth.
2. Serve this golden-colored smoothie in a big glass.







## #52 Chia and Coconut Smoothie

Unstable blood sugar levels weaken the immune system and fuel chronic inflammation.

*This smoothie is almost a dessert because it's sweet and creamy, but instead of causing your blood sugar to spike and crash, it will fuel you with steady, sustained energy.*

### Ingredients

- ☀️ ½ cup chilled almond milk
- ☀️ ½ cup chilled coconut milk
- ☀️ 1 small ripe banana
- ☀️ ½ teaspoon ground cinnamon
- ☀️ 1 tablespoon chia seeds
- ☀️ A few drops of stevia

### Method

1. Blend everything together until smooth and thick.
2. Add a little more milk if it's too thick.
3. Drink chilled



## #53 Berry and Pumpkin Seed Smoothie

*This smooth and creamy blend is a delicious way to support the liver and nourish the immune system. Pumpkin seeds are an excellent source of zinc. Zinc is vital for a healthy immune response and it's an important nutrient for maintaining the lining of the gut.*

### Ingredients

- ☀️ 1 cup frozen mixed berries
- ☀️ 1 cup of chilled almond, cashew or coconut milk
- ☀️ 1 tablespoon raw pumpkin seeds, ground
- ☀️ 1 tablespoon flax seed, ground
- ☀️ 1 teaspoon milk thistle
- ☀️ 2 Medjool dates

### Method

1. Grind the seeds first.
2. Put everything together in a blender.
3. Process until smooth.
4. Serve chilled.





## #54 Radiant Wellness Smoothie

This really is a cocktail of amazing good-for-you ingredients. Flaxseeds for omega-3s, turmeric for its anti-inflammatory properties, ginger for those who suffer from headaches or stomach ailments, sesame seeds for zinc, and so much more. It all tastes so good together. You'll be going back for seconds. As you should. You deserve it!

### Ingredients

- ☀️ 1 small, ripe banana
- ☀️ ½ cup baby spinach leaves, shredded
- ☀️ ½ cup frozen blueberries
- ☀️ ½ cup frozen broccoli sprouts
- ☀️ 1 cup oat milk
- ☀️ 1 tablespoon ground flaxseed
- ☀️ 1 tablespoon ground sesame seeds
- ☀️ ½ teaspoon turmeric
- ☀️ Pinch black pepper (improves the absorption of turmeric)
- ☀️ 1 teaspoon fresh grated ginger root
- ☀️ 4 Medjool dates, pitted

### Method

1. Grind the seeds first and shred the spinach. Put everything into the blender and process together well.
2. Pour into a big glass and enjoy straight away.



## #55 Tastes-Like-Nutella Smoothie

Vitamin E is an often overlooked nutrient when it comes to supporting the immune system. When we get sick, vitamin E boosts the production of T cells to help the body fight off the infection. Hazelnuts are not only an excellent source of vitamin E, they're also rich in immune-supporting antioxidants. We can't think of a better reason to whip up a healthy version of chocolate hazelnut spread!

### Ingredients

- ☀️ 1 cup chilled almond milk
- ☀️ ½ cup hazelnuts
- ☀️ 1 tablespoon cacao powder
- ☀️ ¼ cup hemp seeds
- ☀️ 2 Medjool dates, pitted
- ☀️ 1 tablespoon coconut butter

### Method

1. Blend everything together until smooth.
2. Pour into a tall glass and sprinkle with some cacao powder to garnish.
3. Enjoy cold.



# Conclusion

We hope the recipes and information we have provided will inspire you to learn how to nurture your gut, improve your immune status, and have better health for the years to come.

But we've only just scratched the surface.

In order to empower you with everything you need to know to have a healthy gut and robust immune protection, we've created [The Gut-Immune Solution](#) — a 10-part docuseries masterclass with 20+ health experts, physicians, researchers, and nutritionists about how **to strengthen your immune system, fight off illnesses, and keep your family healthy** by improving your gut health...

Get practical tools based on cutting-edge science being discovered right now by top researchers in the field. Discover how to strengthen your gut health to bolster your immunity naturally... and at home.

[Be part of The Gut-Immune Solution](#) so you can know how to protect yourself (and your family), live well longer, and experience vibrant health now... and well into your golden years.

