



Orange Ginger TKO Juice & Smoothie



Cold and flu season has reared its head, but this pair of recipes packs quite a punch to protect your immunity! Loaded with antioxidant and immune-building vitamin C, beta-carotene, and quercetin, plus anti-inflammatory ginger, the juice is great on its own. Add it to a smoothie with vitamin A-rich goji powder, omega-rich hemp seeds, alkalizing greens, inflammation-busting turmeric, and plenty of plant protein and soluble fibre, and you'll have that cold on the ropes in no time!

Ginger TKO Juice

This recipe requires a juicer, or a good blender and strainer. Add up to 1 cup water or coconut water for better blending.

- ½" piece fresh organic ginger (peeling optional)
 - 2 medium-large organic carrots, cut to fit chute
 - 2 cara cara, blood, or Valencia oranges, peeled
- 1 organic granny smith or red delicious apple, quartered and seeded (peeling optional)

Prepare ingredients as needed according to your juicer type. For a slow or masticating juicer, feed ingredients into the chute in the order listed. Serve immediately or chill in an airtight jar for up to 2 days. Makes 1 (approx. 1 cup) serving.

Orange Creamsicle TKO Smoothie

- 1 banana
- 1 scoop/serving vanilla plant-based protein powder, such as Vega Sport or SunWarrior
- 1 scoop natural-flavour greens powder, such as GreenSuperfood or Wild Greens (optional)
- 1 Tbsp. organic goji powder
- 1 Tbsp. hemp seeds
- ¼ tsp. turmeric powder
- 3-4 ice cubes
- 1 serving Ginger TKO Juice
- ½ cup unsweetened almond or coconut milk (optional)

Combine all ingredients in your blender. Process until smooth. Serve immediately or freeze, thawing for a few hours prior to serving. Makes 1 (approx. 2 cup) serving.