Immune booster

2 dl coconut water bio
1 banana
1 kiwi
2 - 3 cm fresh ginger
1 peeled lemon
10 cm cucumber
1 handful spinach

Health benefits lemons
Lemons, kiwi, spinach & cucumber are all good for your immune system.
Lemons are extremely high in vitamin C which makes it a great antioxidant.
The manufacture of collagen in the human body is reliant on vitamin C.
Studies have shown that a high intake of fruit, vegetable, and specifically vitamin C is associated with reduced stroke risk.
It also reduces wrinkles and helps improve an overall skin texture.
Avocados contain oleic acid, a fat that activates the part of your brain that makes you feel full, which makes it a great fruit for weight loss. Yes, avocado is a stone fruit.
Pinky swear

2 dl natural yogurt (or vanilla flavor to make it more sweet)
1 banana
1 dl frozen raspberries
1 dl fresh (or frozen) pomegranate seeds
0,5 dl frozen mango

I got the word pinky swear from my daughters, because when you promise something to a friend, you do a "pinky swear" with your pinky fingers. And that’s it. A promise is a promise.

Research shows that pomegranate seeds can help prevent high blood pressure, high cholesterol, oxidative stress and inflammation. The seeds are loaded with fiber, vitamin C, vitamin K and potassium. It’s also a major aphrodisiac food. So, go ahead and sprinkle it over your food.