

Herbal Legacy Recipes

Immune Power Fruit

from *The Complete Book of Juicing* by Michael T. Murray N.D.

This is a drink rich in many nutrients vital to the immune system. It also abounds in flavonoids and other nutrients that have demonstrated antiviral and antioxidant effects. The banana increases the viscosity of the drink and allow for slower absorption of the sugars, an important goal during an active infection.

- 1 orange, peeled
- 1/2 pineapple with skin, sliced
- 1/2 cup strawberries
- 1 banana, peeled

Juice the orange, pineapple, and strawberries; place in a blender with the banana and liquefy. Delicious even when you're feeling well.

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