

## Immune Boosting VERY BERRY Smoothie (Serves 2)

\*Recipes courtesy of weelicious.com

### **Ingredients**

- 1 banana
- 1/2 inch piece fresh turmeric, peeled
- 1 date
- 1/4 cup yogurt (I like to use Greek Yogurt)
- 1 cup frozen mixed berries
- 1 handful fresh spinach
- 1 tablespoon hemp seeds
- 2 teaspoons bee pollen
- 1 pinch black pepper
- 1 cup milk of choice
- 2 tablespoons almonds, soaked

### **Directions**

- Directions are as straight forward as can be! Combine all ingredients into a mixer or blender, and mix/blend until smooth or textured to desire.
- Serve and Enjoy!

## Crockpot Hamburger Soup (Serves 8)

### **Ingredients**

- 1 1/2 Lbs Sweet Potato, Cut into 3/4 inch cubes (about 5 cups cubed)
- 4 Stalks of celery, sliced
- 2 Large carrots, sliced
- 1 Large onion, roughly chopped
- 1 Red Pepper, Diced
- 5 1/2 Cups Reduced sodium beef broth
- 2 14.5 ounce Cans Fire-roasted diced tomatoes
- 1/4 Cup Tomato paste
- 1 Tbsp Italian seasoning
- 1/2-1 tsp Sea salt
- 1/4 tsp Ground black pepper
- 1 Lb Lean, ground beef
- 2 Tbsp + 2 tsp Tapioca starch
- 1/2 Cup Fresh parsley, minced + additional for garnish

### **Directions**

- In a slow cooker/crock pot, stir together all of the ingredients, up to the ground beef.
- Cover the slow cooker and cook on HIGH for 3 hours.
- Once the soup has cooked for 3 hours, heat a large, non-stick frying pan on medium heat and cook the beef until it's no longer pink, draining any excess fat. Add it into the slow cooker.
- Put the tapioca starch in a medium bowl. Add 1/4 Cup + 2 Tbsp of the hot broth from the slow cooker into the bowl and quickly whisk until smooth. Add it into the slow cooker, whisk the soup as you pour it in. Finally, stir in the fresh parsley.
- Cover and cook and additional 30 mins - 1 hour, until the soup has thickened up a little bit.
- Serve and Enjoy!

