THE ANTIVIRAL SMOOTHIE BOMB

1 tsp honey

1/2 cup berries (quercetin/flavonoids)

1 tsp black cumin seed/ nigella sativa

1 tsp Turmeric

1 cup kefir

- drink daily
- cacao powder or cinnamon can be added as an option
- addition of berries is optional- great source of flavonoids (quercetin)
- great source of pre and probiotics
- black cumin is also known as black seed or nigella sativa

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