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Join our Winter Smoothie Challenge happening January 23-29, 2022. For one week, you'll blend a daily smoothie along with the rest of our Planted Community. And each day, you can be one step closer to a healthier you. A smoothie with leafy greens is one of the tastiest ways to add immune-boosting nutrients to your diet!

Plus, you'll get access to our live interview with Mary Sheila Gonnella, BC, NCHN, of Occidental Nutrition and other surprises throughout the week! Get your smoothie shopping list and recipes [here](#).

[Go to the Smoothie Challenge](#)



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