

Pink Power Smoothie

Servings: 1

RECIPE BOX

INGREDIENTS

1/2 RIPE BANANA
1 BEET
1 CUP STRAWBERRIES, FROZEN
1 CUP MILK
1 TBSP HONEY (or sweetener of choice)



DIRECTIONS

Blend all ingredients for a smoothie that brings the folate! Beets and strawberries are excellent sources of the vital nutrient.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 241, Total Fat 0g, Carbs 52g, Protein 10g, Fiber 4g, Sugars 42g.

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