

Hidden Veggie Red Velvet Smoothie

Yield: 4 Servings, ~ 1cup

Total time: 5 minutes

Ingredients:

- 1 medium ripe banana
- 4 pitted dates
- 1/3 cup cubed, roasted beets
- 1/3 cup chopped purple cabbage
- 1/4 cup frozen berries
- 1 cup unsweetened almond milk
- 1 tsp. unsweetened cocoa powder
- 1 tbsp. chocolate chips
- 1/4 cup ice
- Optional: 1 tsp. honey for extra sweetness and coconut flakes for topping



Preparation

1. Add all ingredients except coconut flakes to blender and blend until smooth.
2. Transfer to a glass or bowl. Garnish as desired. Serve and enjoy cold!

Nutritional Information

Per serving

Calories: 89

Total Fat: 2.0 g

Cholesterol: 0.0mg

Saturated Fat: 1.0g

Total Carbohydrate: 19g

Dietary Fiber: 2.5g

Sugar: 14.0g

Protein: 2.0g

Sodium: 34mg

Potassium: 292mg

Adjusted from: <http://www.savorystyle.com>