



Kale Beet Blend with Mixed Berry Smoothie

Servings

2

Calories

240

Prep Time

5 minutes

Total Time

5 minutes

Skill Level

Easy

Ingredients

- ½ cups Kale Beet Blend
- 2 cups coconut water
- 1 frozen banana
- 1 cup frozen berries
- 1 cup vanilla greek yogurt



The Method

Pour all ingredients into a blender and puree until smooth. Insider tip: pour the coconut water in first for a faster, smoother smoothie!

Nutrition Facts

Serving Size: 528g | Servings: 2

Amount Per Serving

Calories 240 | Total Fat 1g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 320mg | Total Carbohydrate 45g |

Dietary Fiber 9g | Sugars 34g (Includes 0g Added Sugars) | Protein 15g | Vitamin D 6% | Calcium 15% | Iron 10% | Potassium 20%