



Banana Berry Beet Smoothie

INGREDIENTS

1 cup unsweetened vanilla almond milk
1 small beet; cooked and diced
1 scoop protein powder

½ cup berries

¼ banana

1 TBS Chia seeds

1 cup beet greens (optional but recommended)

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add ice or more milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 240 calories