



# Berry Smoothie

Beets and strawberries are the nutrient powerhouses that contribute to this smoothie's vibrant color. Choosing softer-textured breakfasts like smoothies can deliver nutrients that you need in the morning. And they're great for those busy days when you're on the go.

Cooking level: **Beginner**

**Contains: tree nuts**

Servings:  
**1 smoothie**

Prep time:  
**10 minutes**

Total time:  
**15 minutes**



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## What you'll need

- Blender

## Ingredients

- 2 scoops protein powder
- 2 cups ice cubes
- 1 cup unsweetened nut milk\*
- ½ cup frozen cauliflower rice
- ½ cup strawberries\* (fresh or frozen)
- ½ avocado, peeled
- ½ cup raw beets, peeled
- 2-3 tbsp. crushed walnuts\*
- 6 fresh basil leaves
- ½ tsp. ground cinnamon

\*Important note: Berries, nut milk, and walnuts may be triggering during flare-ups.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

## Cooking steps

- 1 Place all ingredients in a high-speed blender and blend on high.
- 2 Optional: For a thicker smoothie, add 3-5 ice cubes at a time and reblend to reach desired consistency.



## Nutritional info

Berry Smoothie (1 smoothie)	
Calories	485
Total fat	30 g
Saturated fat	3 g
Cholesterol	0 mg
Sodium	316 mg
Carbohydrate	35 g
Fiber	15 g
Sugar	6 g
Protein	32 g