



Berry Beet Smoothie Bowl - high protein

3 servings
10 minutes

Ingredients

- 1 1/2 Beet (medium, peeled and diced)
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries
- 1 1/2 tbsps Pitted Dates
- 1/4 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	162
Fat	2g
Carbs	30g
Fiber	7g
Sugar	22g
Protein	9g
Cholesterol	1mg
Sodium	129mg
Vitamin A	1208IU
Vitamin C	44mg
Calcium	298mg
Iron	1mg
Selenium	3µg

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas: Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder: Leave it out, or use acai powder instead.