

Pink Power Smoothie

RECIPE BOX

INGREDIENTS

½ RIPE BANANA
1 BEET
1 CUP STRAWBERRIES, FROZEN
1 CUP MILK
1 TBSP HONEY (or sweetener of choice)

DIRECTIONS

Blend all ingredients for a smoothie that brings the folate! Beets and strawberries are excellent sources of the vital nutrient.

Green Chocolate Protein Smoothie

INGREDIENTS

1 CUP SPINACH, FRESH
2 RIPE BANANAS
1/4 CUP NUTS
1 CUP MILK
1 TBSP COCOA POWDER

DIRECTIONS

Mix all ingredients together – enjoy this smoothie packed with vitamin A (spinach), folate (spinach), iron (spinach & nuts), thiamin (nuts), and vitamin D (milk).

