



Beet Berry Smoothie

3-4 Servings

1 1/4 Cups Unsweetened Plant Milk

2 Frozen Bananas

1/2 Cup Frozen Cranberries

1/2 Cup Frozen Strawberries

1 Beet Chopped (Raw or Baked)

1 Scoop VeganSmart Protein Powder



Calculated Per Serving

Calories

234

Carbs

36g

Fat

4g

Protein

13g

Fiber

6g

