



Power Beet Smoothie



2-3 Servings

1 Cup Unsweetened Almond Milk

1 Chopped Beet (raw)

1/2 Cup Carrots

2 Frozen Bananas

1 Tbsp Honey or Coconut Nectar

1/2 Cucumber Sliced

1 Scoop Illumin8 Protein Powder

Calories
Per Serving

340

Carbs

94g

Fat

3g

Protein

23g

Sodium

259mg

