

## Breakfast Smoothie



*Kickstart your day with our energizing Breakfast Smoothie. Experience the perfect blend of finely sliced red cabbage, white beans, and chia or flax seeds. Fuel up with fiber, antioxidants, and omega-3 for a nourishing and invigorating morning boost.*

Preparation 8 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 395

Fat 9

Carbohydrates 69

Fibre 18

Protein 15

Sodium 62

### **Ingredients**

- 1 banana
- 1 orange
- 500ml (2 cups) of frozen mixed berries
- 1 small beet or ½ large beet
- 250ml (1 cup) of finely sliced red cabbage

- 30ml (2 tbsp) of chia or flax seeds
- 30ml (2 tbsp) of hemp seeds
- 5ml (1 tsp) of ginger
- A few mint leaves, to taste
- Optional: To add 8g of protein per serving, substitute 250ml (1 cup) of cow's milk, soy milk, or pea milk instead of water.

## Preparation

1. Add all the ingredients to a blender with a little water.
2. Blend until the texture is smooth.
3. Add cold water until you achieve the desired consistency.

## Notes



Catherine Bazinet – Nutritionniste Diététiste à Granby  
Registered Dietitian Nutritionist in Granby