

Red Velvet Smoothie



I like to make smoothies as a pre- or post-workout, or simply as a way to get in loads of nutrients and antioxidants. Try this nutrient-dense, high-fibre smoothie packed with nourishing antioxidants as a quick breakfast, or a post-workout boost!

Preparation 5 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 235

Fat 5

Carbohydrates 34

Fibre 6

Protein 16

Sodium 80

Ingredients

- 250 ml (1 cup) milk, 1% M.F.
- 180 ml ($\frac{3}{4}$ cup) plain Greek yogurt, 0% M.F.
- 125 ml ($\frac{1}{2}$ cup) frozen cherries
- 1 banana, cut into pieces, frozen
- 30 ml (2 tbsp) cocoa powder

- 15 ml (1 tbsp) beetroot powder (optional)

Preparation

1. In a blender, combine all the ingredients.
2. Blend until smooth, then serve in 2 glasses and enjoy!

Notes

Best consumed fresh. Can be stored in the refrigerator for up to 4 days. Can be frozen into ice cube trays for up to 3 months.



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