



# BERRY BEET SMOOTHIE

*Prep time: 50 sec | Serves: 2*

## INGREDIENTS

- 1 cup coconut milk
- 1 cup sliced strawberries
- 1 small beet, peeled and chopped
- 1 cup blackcurrants
- 1 to 2 teaspoons agave nectar (optional)

## STEPS

- 01** Combine the ingredients in a blender and blend for 30 to 60 seconds, or until smooth.
- 02** Pour into glasses and serve immediately, or store in the refrigerator for up to 3 days.

## NUTRITION DATA

371 calories | 29.2g fat | 29.8g  
carbs | 4.9g protein | 5.3g  
fiber | 15.3g sugars | 58mg  
sodium



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*Source: Outback Vision Protocol*