

Recipe

HEART BEET GREEN SMOOTHIE

THE GOODS:

- ½ medium sized raw beet, washed and rough cut
- ½ cup strawberries
- 1 tsp coconut oil
- 10-12 oz coconut water
- 1 handful baby greens or green powder
- 1-2 scoops protein or collagen powder
- ½ cup Greek yogurt or dairy free yogurt

THE METHOD:

Add all ingredients into a blender and blend for 30 seconds, or until desired texture. Enjoy!

