



Beet and Blueberry Smoothie

This smoothie recipe is from the MindGreenBody site and is delicious!

Serves: -, Prep time: -, Cook time: -

Instructions

Put everything in a blender. Blend and pour.

Add a leaf of either basil or mint for that summer look and feel.

Serve, drink, enjoy and feel incredible.



Ingredients

This smoothie is so high in antioxidants that it might just become your favorite summer health and beauty tonic. It's loaded with beets, berries, and watermelon.

What you might not know about beets is that they're chock full of betaine, which helps protect your cells from environmental stress (this is part of the anti-aging), the red color is a sign of the powerful phytonutrients, (proven to fight cancer), and they purify the blood (good for detoxing). Additionally, beets boost your immune system (super health).

So between berries, watermelon and beets you have a superfood smoothie that also tastes AMAZING without being too sweet. It's a good drink to help you fight off sugar cravings.

Anti-Aging Blueberry Detox Smoothie

Serves 2

- 1 cup wild frozen blueberries, or just frozen blueberries
- 2 teaspoons of ENDURObeet beetroot powder
- 1 cup cubed watermelon
- 1 cup coconut water
- 1 teaspoon chia seeds
- 1 handful of basil leaves (or mint)

