



Nourish Recipe

Beauty Smoothie Bowl

Servings: Makes 1 large or 2 small smoothie bowls

Recipe courtesy of
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What you'll need



measuring
spoons



measuring
cups



blender

Nutrition Facts

Servings 2

Amount Per Serving

Calories 265

% Daily Value

Total Fat 10.9g 14%

Saturated Fat 4.1g 21%

Cholesterol 0mg 0%

Sodium 227mg 10%

Total Carbohydrate 35.7g 13%

Dietary Fiber 14.5g 52%

Sugars 16.4g

Protein 8.5g

Vitamin D 0mcg 2%

Calcium 387mg 30%

Iron 3mg 19%

Potassium 741mg 16%



Ingredients

4-5 small or 3 medium pre-cooked beets (cooled)

1 cup frozen strawberries

½ cup frozen chopped zucchini

1 ½ TBSP raw cacao powder (or unsweetened cocoa)

1 tsp cinnamon

1-2 TBSP chia, flax or hemp seeds

2 TBSP nut butter, your choice

1 cup unsweetened non-dairy milk, your choice

Frozen banana, maple syrup, honey or stevia to sweeten, optional

Toppings: pumpkin seeds, dried mulberries, unsweetened shredded coconut, cacao nibs, dried chopped figs

Instructions

1. Add all ingredients except toppings to blender and blend until smooth.
2. Pour into bowl and serve topped with favorite toppings.



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