

Creamy Red Velvet Smoothie



Directions:

Put all the ingredients into a blender and mix well.

This smoothie packs quite the wholesome punch.

Beets are an excellent tonic for the liver and provide iron, magnesium, folate potassium, and nitrates. When added to this smoothie, it's a metabolic boosting miracle and health-booster.

NUTRITIONAL INFO

Calories: 225

Fat: 1.5 grams

Carbs: 21 grams

Fiber: 4.5 gram

Protein: 26 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla or Chocolate Protein Powder
- (½ cup) Water
- Handful of ice
- (2) Beets
- (½ tbsp.) Chia seeds