

Smoothies, Blended Salads and Juices

Antioxidant-Rich Smoothie

Marian Fanok

Serves: 2

Preparation Time: 5 minutes

Ingredients:

- 4 cups baby spinach
- 4 cups romaine lettuce
- 1 cup pomegranate juice
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 4 dates, pitted
- 2 tablespoons ground flax seeds
- 1/2 ripe avocado, pitted and peeled

Instructions:

Blend all ingredients together in a high-powered blender until smooth and creamy.

Per Serving:

CALORIES 297; PROTEIN 6g; CARBOHYDRATES 53g; TOTAL FAT 9.7g; SATURATED FAT 1.2g; SODIUM 73mg; FIBER 12.4g; BETA-CAROTENE 8352ug; VITAMIN C 56mg; CALCIUM 150mg; IRON 4.1mg; FOLATE 331ug; MAGNESIUM 125mg; ZINC 1.4mg; SELENIUM 4.3ug

Dr. Fuhrman

