

Smoothie Recipes in the **DEMONSTRATION KITCHEN**

Cherry Bomb

Yield = 12oz

Smoothie



1/4 cup	Cherry Puree
1/4 cup	Acai Puree
1/2 cup	Blueberries
1/2 cup	Strawberries
1 oz	Spinach
1 tsp	Flax Seed
1/2 cup	Almond/Soy/Oat Milk

NUTRITION FACTS

1 Serving per container 12oz. (340g)

Amount per serving

Calories	210
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0	1%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol less than 5 millign	0%
Sodium 100mg	4%
Total Carbohydrate 37g	14%
Dietary Fiber 8g	27%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 1.1mcg	6%
Calcium 260mg	20%
Iron 2mg	10%
Potassium 460mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Smoothie Recipes in the DEMONSTRATION KITCHEN

Our Plant(it)

Yield = 12oz Smoothie

1/2 cup	Carrots
1/2 cup	Mango
1/4 cup	Riced Cauliflower
1/2 tsp	Ginger
1 tsp	Lemon Juice
1/2 tsp	Honey
1 ea	Banana
1/4 tsp	Turmeric
1 cup	Almond/Soy/Oat Milk/Orange Juice

NUTRITION FACTS

1 Serving per container 12oz. (340g)

Amount per serving

Calories **340**

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0 2%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

Cholesterol less than 5 millign 0%

Sodium 200mg 9%

Total Carbohydrate 80g 29%

Dietary Fiber 10g 36%

Total Sugars 55g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 2.3mcg 10%

Calcium 480mg 35%

Iron 2mg 10%

Potassium 1180mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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