

Raspberry Beet Smoothie Bowl

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients except the shredded coconut and slivered almonds in a blender. Start by blending on low and working your way up to high, tampering as needed, until a thick consistency is achieved.
2. Scoop into bowls and top with shredded coconut, slivered almonds, and more raspberries if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Make it Vegan

Use coconut milk or any alternative yogurt instead of Greek yogurt.

Additional Toppings

Chocolate chips or cacao nibs.

Ingredients

- 1 cup Frozen Raspberries (plus more for garnish)
- 1/2 Beet (medium, chopped, frozen)
- 2 tbsps Pitted Dates
- 1/4 cup Hemp Seeds
- 1/2 cup Plain Greek Yogurt
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Slivered Almonds

Nutrition

Amount per serving

Calories	545	Vitamin A	748IU
Fat	31g	Vitamin C	34mg
Carbs	48g	Calcium	348mg
Fiber	12g	Iron	6mg
Sugar	28g	Vitamin D	50IU
Protein	29g	Vitamin B12	0µg
Cholesterol	17mg	Magnesium	330mg
Sodium	112mg	Zinc	5mg
Potassium	991mg	Selenium	1µg