

GRAPE AND BLUEBERRY ANTIOXIDANT SMOOTHIE



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1

INGREDIENTS

3/4 Cup Frozen Red Grapes
1/2 Cup Frozen Broccoli Florets
1/2 Cup Frozen Blueberries
1/4 cup shredded Red Cabbage
1/4 cup Avocado
1/2 Cup Water
1/4 of a lemon, juice squeeze into
blender
6-12 Stevia Drops or to taste
1 ounce of Vanilla Protein Powder
1/8th tsp Sea Salt

DIRECTIONS

1. Blend until smooth

NUTRITION FACTS PER SERVING

Calories: 304 Fat: 6.5g (Saturated Fat: 1.7g) Carbohydrates: 42.6g Fiber: 6.2g Sugar: 29.9g Protein: 24.4g



CALIFORNIA SCHOOLS
VEBA

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