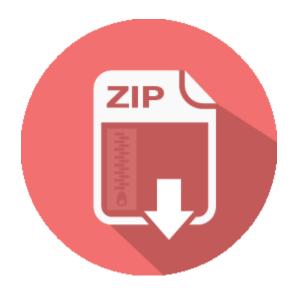
# **RED SMOOTHIE RECIPES**



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Bite for bite, berries offer a higher concentration of antioxidants than most other foods, and summertime is the prime time to indulge in these red jewels.

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#### 10 Best Red Fruit Smoothie Recipes Yummly

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#### Red Smoothie Recipe Tia's Kitchen

Hence, the Red Smoothie you see here. And, changing up the color also gets more variety of vitamins. Always good.

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## **Red Smoothie Recipe Genius Kitchen**

Dont Fear the Red! Beets are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets

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## Anti Inflammatory Red Smoothie iFOODreal Healthy

Anti-Inflammatory Red Smoothie Recipe made with raw beets, strawberries, dates, apples and superfood coconut oil. Even kids would drink this powerhouse red

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## **Red Beet Smoothie Healthy Smoothie**

Red Beet Smoothie: 1 small red beet, 1 large apple, 1 stalk of celery, 1 cup carrot juice, 1 cup almond milk, 2/3 cup frozen sliced peaches, 1-inch piece

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## Breakfast smoothie recipe BBC Good Food

We ve pulled together our most popular recipes, Green breakfast smoothie. 3.88889 (9 ratings) Recipe. Two-minute breakfast smoothie. 4.53846 (13 ratings)

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