



Berry Pomegranate Smoothie

Ingredients (Serves 2):

- ½ cup unsweetened soy, hemp, or almond milk
- 1 cup pomegranate juice
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 1 banana
- 1 tablespoon ground flax seeds
- 1 cup spinach leaves
- 1 cup chopped romaine lettuce or preferred lettuce mix

Instructions:

Blend all ingredients together in a high-power blender.

Nutritional Information: **Per Serving**

- Calories: 214 kcal
- Protein: 5 g
- Carbohydrates: 43 g
- Total Fat: 4.2 g
- Saturated Fat: 0.5 g
- Sodium: 51 mg
- Fiber: 6.4 g
- Beta-Carotene: 2113 ug
- Vitamin C: 34 mg
- Calcium: 141 mg
- Iron: 2 mg
- Folate: 119 ug
- Magnesium: 78 mg
- Zinc: 0.9 mg