



## Big Red Smoothie

### Ingredients:

- 1 tablespoon ground flax seeds
- 1 cup soy, hemp or almond milk
- 1/2 cup pomegranate juice
- 1 cup frozen cherries
- 2 cups frozen strawberries
- 1 cup blueberries
- 1 bunch fresh parsley

### Instructions:

Blend all ingredients together in a high-powered blender.

### Nutritional Information:

- **Servings: 2**
- Calories: 208kcal
- Fat: 2 g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 24mg
- Carbohydrates: 46g
- Fiber: 7g
- Sugar: 33g
- Protein: 3g

