

Chocolate Pecan Smoothie



Ingredients (Serves 2):

- 2 cups chopped kale or beet greens
- 1/2 cup unsweetened soy, hemp or almond milk
- 1/2 cup pomegranate-blueberry juice
- 1 banana
- 1/4 cup pecans
- 3 tablespoons unsweetened cocoa powder
- 2 cups frozen cherries
- 1 tablespoon ground flax seeds

HACCP- Standard Operating Procedure-
Use hand washing procedures before starting recipe.

Nutritional Information (per serving):

- Calories 323
- Protein 8g
- Carbohydrates 53g
- Sugars 30g
- Total Fat 13.7g
- Saturated Fat 1.9 g
- Cholesterol 0mg
- Sodium 86mg
- Fiber 10.2g
- Vitamin C 88mg
- Calcium 277mg
- Potassium 1038mg

Instructions:

Blend ingredients in a high-powered blender until smooth and creamy.

HACCP Critical Control Point: Bacteria grow most rapidly in the range of temperatures between 40°F and 140 °F. This range of temperatures is often called the "Danger Zone." Never leave food out of refrigeration over 2 hours.

HACCP Critical Control Point: Store cold food at 40°F or below.

HACCP Critical Control Point: Use 0°+/- 3° for storage.

***Allowing ice cream to rise above 10° can adversely affect the flavor and texture.**

This delicious recipe brought to you by:
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