

Red Fruit & Veggie Antioxidant Smoothie

Serves 1

Calories: 118 Fat: 1g Carbohydrate: 24g Protein: 2g

Ingredients:

- 1 stalk rhubarb (no greens)
- 1 large carrot
- 1/2 cup pitted cherries
- 5 strawberries
- 1/2 cup watermelon
- 1 cup cold green tea
- 1/2 cup ice

Directions:

Wash produce thoroughly.

Blend all ingredients together in a high powered blender.

Tip: freeze some of your fruits! You can replace the green tea with coconut water, if desired.

