



Vitamin C Packed Smoothie

Ingredients:

1 Orange
½ cup frozen blueberries
1 banana (fresh or frozen)
1 tsp Camu
2 tablespoons Hemp seeds
1 tablespoon ground up chia seeds
2 tablespoons Vanilla Juice Plus Complete
Handful of spinach
¾ cup Almond or Non Dairy Milk

Blend and Enjoy!

Nutrition Facts From MyFitnessPal

Servings 2.0

Amount Per Serving

calories 273

% Daily Value *

Total Fat 9 g	13 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 119 mg	5 %
Potassium 340 mg	10 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 10 g	39 %
Sugars 24 g	
Protein 10 g	19 %
Vitamin A	9 %
Vitamin C	668 %
Calcium	36 %
Iron	13 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.