

Heart Healthy Smoothie

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-smoothie-recipe-india>

Ingredients:

- 1/3 cup blueberries frozen organic
- 1/3 cup strawberries frozen organic
- 1/3 cup cranberries frozen organic
- 1/4 cup old fashioned oatmeal
- 1 tablespoon flaxseed
- 3 leaves romaine lettuce or other greens
- 3/4 cup soy milk or other non-dairy milk
- 1/4 cup pomegranate juice

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 12 grams
3. Fat: 2.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 40 milligrams
7. Sugar: 6 grams

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