

Mother's Day Berry Beet Smoothinis

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/mother-s-day-afternoon-tea-for-2-with-a-cocktail-recipe>

Ingredients:

- 1 cup frozen berries strawberries and raspberries
- 1/2 cup kefir
- 2 tablespoons beet powder organic, like that found at nuts.com
- 1 shot raspberry liqueur I used Chambord Royal
- Fresh berries for garnish, optional