



## Pink Power Detox Smoothie



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

## Ingredients

- ☐ 1 apples cored roughly chopped ( if sweeter smoothie is desired – optional)
- ☐ 0.5 medium avocado pitted
- ☐ 1 small beet ends trimmed roughly chopped
- ☐ 2 celery stalks roughly chopped
- ☐ 1 tablespoon coconut oil
- ☐ 1 cup coconut water
- ☐ 4 large ice cubes
- ☐ 1 juice of lemon juiced ( 3 tablespoons or so)

☐ 1 cup strawberries frozen hulled ( preferred)

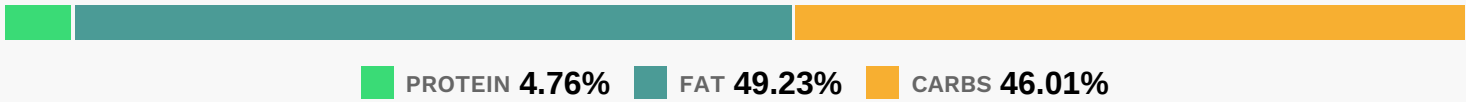
## Equipment

☐ blender

## Directions

- ☐ Steam beet if necessary before starting. See my tips in the headnote.
- ☐ Add all ingredients into a high-speed blender and blend on high until smooth. Adjust sweetness if desired, adding an apple or liquid sweetener to taste if needed.

## Nutrition Facts



## Properties

Glycemic Index:71.25, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:7.3521739088971%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 125.93kcal (6.3%), Fat: 7.52g (11.57%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 11.08g (4.03%), Sugar: 9.71g (10.79%), Cholesterol: 0mg (0%), Sodium: 82.57mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin C: 31.1mg (37.69%), Fiber: 4.73g (18.94%),

Manganese: 0.34mg (17.02%), Folate: 54.81µg (13.7%), Potassium: 449.48mg (12.84%), Magnesium: 34.36mg (8.59%), Vitamin K: 7.71µg (7.35%), Vitamin B6: 0.14mg (6.84%), Copper: 0.12mg (5.98%), Vitamin B2: 0.1mg (5.67%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.73mg (4.9%), Phosphorus: 47.29mg (4.73%), Vitamin B1: 0.06mg (3.95%), Iron: 0.68mg (3.76%), Vitamin B3: 0.74mg (3.71%), Calcium: 30.61mg (3.06%), Zinc: 0.36mg (2.42%), Vitamin A: 81.19IU (1.62%), Selenium: 0.99µg (1.42%)