



## Ruby Red Detox Smoothie

**Prep: 15 minutes • Serves: 2**

- 1 small raw red beet, peeled and chopped
- 1 cup frozen raspberries
- 1 cup frozen strawberries
- 1¼ cups pomegranate juice
- 2 tablespoons lemon juice
- 1 tablespoon light agave nectar

Purée all ingredients in a blender on high until smooth. Makes about 4 cups.

*Approximate nutritional values per serving (2 cups):  
194 Calories, 1g Fat (0g Saturated), 0mg Cholesterol,  
48mg Sodium, 47g Carbohydrates, 7g Fiber, 38g Sugars, 2g Protein*