

# Food Babe's Super C Beauty Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	2

<https://foodbabe.com/super-c-beauty-smoothie>

## Ingredients:

- 1 cup fresh strawberry, hulled
- ½ red bell pepper, sliced
- ½ cup cauliflower, chopped
- 1 cup spinach, chopped
- 1 banana, peeled
- 2 tablespoons chia seeds
- ¾ cup almond milk (nut allergy: use coconut milk)

## Instructions:

1. Place all of the ingredients in a blender and blend until smooth.

## Notes:

- Please use all organic ingredients if possible.