

Berry-Banana Cauliflower Smoothie

INGREDIENTS **2 SERVINGS** **10 MIN**

- 1 cup frozen riced cauliflower
- 1 cup sliced frozen bananas
- 1/2 cup frozen mixed berries
- 2 cups unsweetened plain almond milk
- 2 teaspoons honey

PROCEDURE

1. Place cauliflower, bananas, berries, almond milk, and honey in a blender; blend until smooth, 3 to 4 minutes.



This smoothie provides a rich source of fiber, antioxidants, vitamins, and minerals.



This institution is an equal opportunity provider. This material was funded in part by SNAP.

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