

# Beet Recovery Smoothie

Say hello to the perfect post-workout meal! Beets give this smoothie a beautiful red colour while providing a mega dose of arginine, an amino acid that's essential for healthy blood flow and blood vessel dilation. This smoothie is also packed with antioxidants and vitamins from cherries, pomegranate, and banana.

Add in a scoop of **CanPrev's Magnesium Bis-Glycinate 200 Powder** to promote bone health, cardiovascular support, and muscle function, along with **Collagen Muscle Tone** to increase lean body mass.



Preparation time: 5 mins | Servings: 1



## Ingredients

- 1/2 frozen banana
- 1/2 cup frozen dark cherries
- 2 small beets
- Handful of pomegranate seeds
- 1 tbsp chia seeds
- 1 scoop vanilla protein powder
- 1-2 cups milk of choice
- 1 scoop Magnesium Bis-Glycinate 200 Powder
- 1 scoop Collagen Muscle Tone

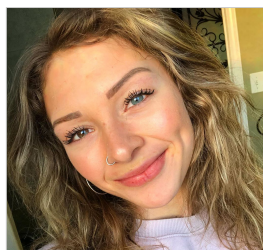
## Method

1. Wash and chop the beets.
2. Place all ingredients into a blender.
3. Blend on high speed until smooth. Serve immediately.

## Featured Products



## Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

