

# Red Velvet Beet Smoothie Bowl

Show your heart some love with this Red Velvet Beet Smoothie Bowl, packed with antioxidants, vitamins, and minerals that support cardiovascular health. Beets naturally boost nitric oxide to improve blood flow, while almond butter and cacao provide magnesium to support cardiac muscle function regulating heart rhythms.

Elevate your bowl with **CanPrev's Resvera-Pro**, a powerhouse of antioxidants and polyphenols to combat oxidative stress and promote robust cardiovascular health, including relief from chronic venous insufficiency.



**Preparation time: 15 mins | Servings: 2**



## Ingredients

- 1 frozen banana
- 1 cup frozen cherries
- 2 small beets, steamed and cooled
- ½ cup coconut water
- ¼ cup milk of choice
- 1 scoop chocolate protein powder (optional)
- 2 tbsp raw cacao powder
- 1 tbsp honey
- 1 tbsp almond butter
- 2 capsules Resvera-Pro, opened

### Optional toppings:

- Granola
- Chocolate chips
- Coconut flakes
- Fresh fruit

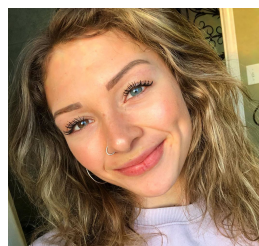
## Method

1. Add all ingredients except the milk to a high-speed blender and process on low to start.
2. Add small amounts of milk as you blend to help the mixture along, increasing the blending speed as you go.
3. Once desired consistency is achieved, pour mixture into two bowls and garnish with your desired toppings.
4. Enjoy with a friend for good health!

## 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.

