

WEEK FOUR

OPTIONAL WEEKEND PROJECT

BERRY-BANANA CAULIFLOWER SMOOTHIE

1 cup frozen riced cauliflower
½ cup frozen mixed berries
1 cup sliced frozen banana
2 cups unsweetened plain almond milk
2 teaspoons maple syrup

Place cauliflower, berries, banana, almond milk and maple syrup in a blender; blend until smooth, 3 to 4 minutes.

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Serves 2
Active Time: 5m
Total Time: 10m

NUTRITION FACTS

Amount per serving:
Calories: 149
Total Fat: 3g
Saturated Fat: 0g
Monounsaturated Fat: 2g
Cholesterol: 0mg
Sodium: 184mg
Carbohydrates: 29g
Dietary Fiber: 5g
Total Sugars: 17g
Added Sugars: 4g
Protein: 3g
Potassium: 339mg