

Cranberry Spice Smoothie

This smoothie tastes like the holidays – enjoy the complex tart, spicy and slightly sweet smoothie!



Cranberries are a rich source of proanthocyanidins (PAC), an important antioxidant which may help prevent many chronic diseases. You may have heard that cranberry can help treat Urinary Tract Infections, in order to have this anti-bacterial benefit, cranberries must come from the whole fruit or capsules (cranberry juice does not have enough PAC to offer this benefit).

Note: Cranberries are a rich source of vitamin K. If you are on any blood thinners, please discuss your cranberry consumption with your doctor or anti-coagulation clinic. Consuming a consistent amount of vitamin K is essential to proper anti-coagulation.

Ingredients

1 cup frozen cranberries
1 cup almond milk
1 tablespoons chia seeds
½ teaspoon cinnamon
½ teaspoon pumpkin pie spice
2 tablespoons maple syrup

Directions

1. Add all ingredients into blender (add ice last), cover and puree until smooth.
2. Enjoy!

Yields - 16 oz.

Calories: 386

Protein: 6 g

Carb: 70 g

Fat: 11 g

Sodium: 162 mg

Fiber: 17 g