



Sarah

Beet-Strawberry Smoothie

1/2 cup beets

1 cup strawberries(frozen) 

Ayurvedic powder: Ashwagandha, dried sea moss, bladderwrack

1 tsp Chia seeds

1 TB Greek Yogurt

1/4 cup cold water

Instructions:

Blend until smooth.

Top with chia seeds and strawberries

Enjoy

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