

Winter Veggie Power Blend



This blend is packed with superfoods making it high in vitamins, minerals, antioxidants, and phytochemicals.



Nutrition Info

- Makes:** 37 fluid ounces
= 4 $\frac{2}{3}$ cups
= 1095 milliliters (mL)
- Calories:** 1050 kcal
- Kcals/ mL:** 0.96 kcal/ mL
- Carbohydrate:** 44%
- Protein:** 16%
- Fat:** 40%

Make it for the whole family:

<https://eatthegains.com/roasted-winter-veggie-power-bowl/>.

Winter Veggie Power Blend

Ingredients

- 2 cups soy milk
 - 1 cup kale or other leafy greens
 - ½ cup canned sliced and drained beets
 - ½ cup cooked butternut squash, cubed
 - ¼ small avocado
 - 1 cup cooked quinoa
 - ½ cup roasted, unsalted pepitas (pumpkin seeds)
 - ¼ cup dried cranberries
 - 1 clove fresh garlic
 - ½ teaspoon cumin
 - 1 tablespoon lemon juice
 - 1 teaspoon apple cider vinegar
 - ¼ teaspoon ground ginger
- Optional: ½ teaspoon red pepper flakes

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

- Can opener
- Chef knife
- Cutting board
- High power blender
- Measuring tools:

- 1 cup, ½ cup, ¼ cup
- Tablespoon
- Teaspoon, ½ teaspoon, ¼ teaspoon

Tips

Swap quinoa out for other grains such as cooked brown rice or barley.



For more recipes and information visit www.CookingForTubies.com
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