



Red Cabbage Smoothie

Ingredients

- 1 1/2 cups cold water
- 1/2 small head red cabbage, quartered and frozen (about 4" in diameter)
- 1 cup frozen blueberries
- 1 banana, frozen
- 2/3 cup low-fat vanilla yogurt

Directions

1. Break up the frozen cabbage with your hands and puree with water in a high power blender.
2. Add frozen blueberries, banana and vanilla yogurt and puree again until smooth.

Nutrition Information

Per serving: Calories: 194; Total Fat: 1g; Saturated Fat: 1g; Monounsaturated Fat: 0g; Cholesterol: 3mg; Sodium: 86mg; Carbohydrate: 44g; Dietary Fiber: 6g; Sugar: 29g; Protein: 6g
Potassium: 758mg; Vitamin C: 138%; Vitamin A: 5%; Iron: 11%; Calcium: 23%

Yields: 2, 16oz Servings

Source: All Things Elle: <http://www.accordingtoelle.com/2014/05/red-cabbage-smoothie/>

Recipe provided by former chef and oncology nutritionist Elise Cushman, MS, RDN, LD, CSO with the Norris Cotton Cancer Center at Dartmouth-Hitchcock.