

# Purple Power Smoothie

Servings: 2 (1-1.5 cups) Prep/Time: 10 minutes

## Ingredients

- 2 cups berries of your choice (can do mix or just one type)
- 1 cup red cabbage-chopped or shredded
- 1/3 cup yogurt (such as plain, non-fat Greek yogurt)
- 10-12 pitted dates (or 1 cup dried dates--may warm up with water in microwave safe bowl to make blending go easier)\*
- Water-up to 1 cup (to thin out smoothie to your preference)



## Directions

1. Wash all produce first.
2. Combine all ingredients in a blender, blend to desired consistency.

*\*Notes: if you prefer to use another sweetener instead of dates, go right ahead! Honey is an option-start with 1 tbs and increase as desired. You can store this smoothie for a few days in the refrigerator.*

*\*Tips: 6oz berry container is around 1 cup.  
5.3oz yogurt container is around 1/3 cup.*