

Watermelon Beet Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast, Snack
 Source [Fueling Fertility](#)

Servings 1



Ingredients

lb,c g,ml

- 1 beet
- 1/2 cup watermelon, *chunks*
- 1 tsp ginger, *minced*
- 1 scoops zint collagen peptides
- 1/2 cup coconut water

Directions

Make

1. Place all the ingredients in a blender and puree until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0.6g		0%	Total Carbohydrates 23g
Saturated Fat 0.2g		1%	Dietary Fiber 4g	16%
Trans Fat 0.0g			Total Sugars 18g	
Calories 148	Cholesterol 0mg	0%	Protein 14g	
per serving	Sodium 242mg	10%		
	Vitamin D 0mcg 0% · Calcium 52mg 5% · Iron 1mg 7% · Potassium 735mg 15%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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