

High Energy Cauliflower Smoothie



Ingredients:

- 1 cup cauliflower florets, chopped
- 1/2 cup orange juice, no sugar added
- 1/2 cup coconut milk, or your choice of low-fat milk
- 1/2 cup cold coffee or tea, unsweetened
- 1/2 cup frozen tropical fruit, or other frozen fruit
- 2 teaspoons chia seeds

Directions:

1. Place the frozen fruit, orange juice, milk, coffee, cauliflower and chia seeds into a blender.
2. Blend until desired consistency.
3. Serve immediately.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>