

# Strawberry Rhubarb Smoothie

The smoothie version of strawberry rhubarb pie! Delicious and loaded with antioxidants and vitamins.



Servings: 1

## INGREDIENTS:

- 1 cup water
- 1 rhubarb stalk, finely chopped
- 1 cup halved fresh strawberries
- ½ cup Greek yogurt
- 2 tablespoons raw honey
- ⅛ teaspoon ground cinnamon
- 3 ice cubes

## INSTRUCTIONS:

1. Heat the water in a small saucepan over medium-high heat. Let the water come to a boil. Add rhubarb and cook it for 4 minutes, until tender, stirring occasionally. Drain the rhubarb.
2. Place the rhubarb in a blender along with the strawberries, yogurt, honey, and cinnamon and blend until smooth.
3. Add the ice and blend until it is thick and smooth.

## NUTRITION • per serving

Calories 220 | Total Fat 0.5 g 1% | Saturated Fat 0.1 g 1% | Polyunsaturated Fat 0.2 g | Monounsaturated Fat 0.1 g