

Tomato Micro Smoothie

DelFresco
Pure

Yield: 4 servings

Prep Time: 10 minutes

Total Time: 15 minutes

A tomato smoothie may not sound like your average fruity tuity drink, but this power up beverage is high in antioxidants and will freshen up your day in a heart beat!

Ingredients:

- 1 pint G.R.E.A.T Grab Rinse Eat!® orange grape tomatoes
- 1 package LivingCube™ Basil microgreens
- ½ red DelfrescoPure® Sweet Rainbow Pepper
- 1 carrot
- 1 tbsp freshly squeezed lemon juice
- ½ cup tomato juice
- 1 tsp turmeric

Directions:

1. Chop the tomatoes and peppers into pieces and grate the carrot.
2. Place in a blender and add a handful of microgreens.
3. Add all the remaining ingredients into the blender, and blend until smooth.
4. Pour into your favorite glass and enjoy!

Cooking Tips:

Garnish with our Euro Bean The Gourmet Slicing Bean® for a classic look and feel.

**LIVING
CUBE**

G.R.EAT!
Grab. Rinse. Eat!

**SWEET
RAINBOW
PEPPERS**

Nutrition Facts:

Serving Size: 4, Servings Per Recipe: 4, Amount Per Serving: Calories 36, Total Fat 0.3g (0% Daily Value), Saturated Fat 0.1g (0% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 19mg (1% Daily Value), Potassium 309mg (7% Daily Value), Carbohydrate 7.5g (3% Daily Value), Dietary Fiber 2.3g (8% Daily Value), Sugars 4g, Protein 1.6g

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