VITAMIN C + IRON for the girls

Did you know 1 in 3 women in the United States has iron deficiency anemia? This means that these women do not have adequate red blood cells, so improving the absorption of iron is essential. Vitamin C paired with iron boosts the absorption into the blood stream and helps improve anemia and its symptoms! Check out this cherry cacao smoothie that contains both nutrients, plus tons more healthy benefits!

- Super easy to make
- Contains iron + vitamin C for max absorption
- Great for those with a sweet tooth!
- Good for skin, bones, muscles, and your brain!

For the recipe and more information, scan the QR code below!
CHERRY CACAO SMOOTHIE

for the girls

Iron, vitamin C, magnesium, protein and more!

- **Ingredients**
  - 3/4 cup frozen pitted cherries
  - 2 tsbp cacao powder
  - 1/4 cup leafy greens (spinach, kale, parsley)
  - 1 tsbp almond butter
  - 1 scoop chosen protein powder
  - 3/4 cup milk or chosen alternative milk option
  - 2 pitted dates

- **Directions**
  - Measure all the ingredients
  - Blend everything together for 1-2 minutes on high speed.
  - Pour into a glass or to-go smoothie container

Adapted from a recipe from Jenna Volpe, RDN, LD, CLT

Enjoy!