DIRECTIONS

1. Peel banana. Chop or grate beet. Chop beet greens and nuts, if using. Peel and dice avocado, if using.
2. Add yogurt to blender. Top with all other ingredients.
3. Cover and blend until smooth.

INGREDIENTS

• 1 medium banana
• 1/2 cup chopped or grated raw red beets
• 1/2 cup frozen cherries
• 1 cup low-fat plain yogurts
• 1/2 cup water

Optional Ingredients

• 1 cup stemmed, coarsely chopped beet greens
• 1/2 cup low-fat, soy, almond, or coconut milk
• 1 Tablespoon honey
• 1 1/2 Tablespoons chopped walnuts, pecans, cashews, or almonds
• 1/4 diced avocado

SWEET BEET-AND-FRUIT SMOOTHIE

Serves 2, 1 cup per serving
Prep time: 10 minutes • Cook time: none

Nutrition Facts

Serves 2
Serving Size 1 cup

Amount Per Serving
Calories 183 % Daily Value*
Total Fat 1.8g 3%
Saturated Fat 1g 1%
Cholesterol 5.6mg 2%
Sodium 92.1mg 4%
Total Carbohydrate 37.7g 13%
Dietary Fiber 3.6g 15%
Sugars 29.1g
Protein 6.6g 14%

Optional Ingredients

• Use any fresh or frozen fruit, including apples, pears, honeydew melon, cantaloupe, watermelon, blueberries, and peaches. Use fruits in season when you can.
• Freeze slices of fruits that are about to go bad. Use these in your smoothies.
• Add honey for a sweeter taste. Add milk, nuts, or avocado for a creamier taste.
• If smoothie is too thick, add water or ice. If smoothie is too thin, add more fruit.

RECIPE BY:
Care and Share Food Bank –
Mackenzie Schriver, Dietetic Intern