



SIDES/SNACKS

SWEET BEET-AND-FRUIT SMOOTHIE

Serves 2, 1 cup per serving

Prep time: 10 minutes ▪ Cook time: none



INGREDIENTS

- 1 medium banana
- ½ cup chopped or grated raw **red beets**
- ½ cup frozen cherries
- 1 cup low-fat plain yogurts
- ½ cup water

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.

CHEF'S NOTES

Optional Ingredients

- 1 cup stemmed, coarsely chopped beet greens
- ½ cup low-fat, soy, almond, or coconut milk
- 1 Tablespoon honey
- 1 ½ Tablespoons chopped walnuts, pecans, cashews, or almonds
- ¼ diced avocado

- 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.

Nutrition Facts

Serves 2	
Serving Size	1 cup
Amount Per Serving	
Calories	183
% Daily Value*	
Total Fat 1.8g	3%
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5.5mg	2%
Sodium 92.1mg	4%
Total Carbohydrate 37.7g	13%
Dietary Fiber 3.8g	15%
Sugars 29.1g	
Protein 6.8g	14%

RECIPE BY:

Care and Share Food Bank –
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