



HARVEST OF THE MONTH

Ingredient: Beets

Beet–Berry Smoothie

PREP TIME:	5 minutes
COOK TIME:	5 minutes
TOTAL TIME:	10 minutes
SERVINGS:	2 large smoothies or 4 small smoothies
AUTHOR:	Farm to School Staff

INGREDIENTS

2 medium bananas, fresh or frozen
1 cup frozen blueberries
1 cup frozen strawberries
1 whole roasted beet, peeled and diced
3 large kale leaves, de-stemmed and torn into small pieces
¼ cup Greek or other plain yogurt
1-2 cups apple juice or other liquid (water, orange juice, almond milk, etc.)

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Place the lid on the blender, and blend on high speed until smooth and no chunks of fruit remain.
3. Adjust liquid as needed for a more thick or thin smoothie.
4. Pour into glasses and enjoy!