



Beet and Berry Smoothie

Yields 2-4 servings

Ingredients:

- ½ cup peeled and chopped raw beets (about one small/medium beet)
- 1½ cup fresh or frozen strawberries
- ½ medium ripe banana, peeled and sliced
- ½ cup frozen cherries
- ½ cup 100% apple juice
- Fresh mint leaves, for garnish (optional)

Procedure:

- 1) Place all ingredients except for mint into a blender. Blend on high until creamy and smooth, scraping down the sides as needed.
- 2) Taste and adjust flavor and consistency as needed: add more banana for a sweeter taste; add more apple juice to sweeten and thin the smoothie; add more frozen fruits to thicken the smoothie.
- 3) Divide smoothie amongst serving glasses. Garnish if desired and serve immediately. Use within 2-3 days.

Chef Notes: *Leftover smoothie can be repurposed into a sweet and refreshing treat by freezing in a popsicle mold or ice cube tray.*

Wellness in the Schools teaches kids healthy habits to learn and live better.

