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.

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