Beet Smoothies

Makes 8 servings

Ingredients

- 500 ml (2 cups) frozen fruit
- ½ raw beet (scrubbed and chopped)
- 1 banana (fresh or frozen)
- 500 ml (2 cups) milk or unsweetened soy beverage
- 250 ml (1 cup) yogurt (plain or any flavour)

Directions

1. Put all ingredients into a blender.
2. Blend until smooth.
3. If smoothie is too thick to blend, add more milk or soy beverage

Tips

- Try it with other vegetables like spinach or avocado
- Experiment with different combinations of frozen fruit – mangos, peaches, pineapple, cherries, blueberries, etc.
- You could also try adding tofu for extra protein
- *Kids can help*…measure, pour ingredients into blender, push buttons on blender, pour smoothie into cups