



Beet Berry Smoothie

Prep Time: 5 mins Cook Time: 30 min Serves: 3

Ingredients:

- 1 roasted beet
- 2 frozen bananas
- 1 cup strawberries
- 1 cup blueberries
- ½ cup Greek yogurt (or your choice of alternative yogurt)
- ½-1 cup water

Instructions:

1. Preheat your oven to 400° F.
2. Cut your beet into quarters and place in tin foil. Add 1 Tbsp of water to the foil and seal. Roast in the oven for 30 min. (Let cool before you use!)
3. Add all ingredients into the blender, frozen ingredients last.
4. Blend ingredients on high, adding water as needed for a thinner consistency.
5. Serve cold in a glass & enjoy!

Follow along with the kid-friendly recipe video!



www.youtube.com/c/AppleSeedsInc

This smoothie is packed with nutrients you need to fuel your day!

www.appleseedsnwa.org