Beet Smoothie

Yield: 1-2 smoothies
Recipe courtesy of Well Plated by Erin

Beets are rich in folate, fiber, potassium, and antioxidants. They support healthy digestion, heart health, and normal cell growth and function.

Ingredients

- ½ cup unsweetened almond milk or milk of choice
- 1 cup mixed frozen blueberries or mixed berries
- 1 small beet peeled and diced (about 8 ounces)
- ¼ cup frozen pineapple
- ¼ cup plain nonfat Greek yogurt use non-dairy yogurt to make vegan
- Optional sweetener: 1-2 teaspoons honey plus additional to taste (use agave to make vegan)
- Optional mix-ins: chia seeds hempseed, and/or ground flaxseed (I like mine with a sprinkle of chia or hempseed; hempseed is what you see pictured in the photos); I also like to add 2 tablespoons oatmeal to make the smoothie even more filling.

Directions

1. Place the almond milk, blueberries, beet, pineapple, and Greek yogurt in a high speed blender such as a Vitamix (if you do not have a high speed blender, I'd suggest microwaving, roasting, or lightly steaming the beets before using so that they are softer and puree more smoothly).

2. Blend until smooth. Taste and if you desire a sweeter smoothie, add a little honey or date and blend again. Enjoy immediately or refrigerate for up to 1 day.