

# UnBEETable Harvest Smoothie

*This recipe is a great way to pack in fresh, seasonal fruits and vegetables. Fruits and vegetables have vitamins, minerals, and antioxidants to help promote health and wellness.*

YIELD	PREP TIME	TOTAL TIME
2 SERVINGS	10 MIN	12 MIN

## INGREDIENTS

1 each	Beet, medium, peeled and diced (about 2 cups)
1 each	Carrot, medium, peeled and diced (about $\frac{3}{4}$ cup)
$\frac{1}{2}$ cup	Blueberries, frozen
1 each	Banana, medium, frozen, broken into thirds
1 each	Satsuma or Mandarin Orange, peeled and juiced (about $\frac{1}{3}$ cup)
$\frac{3}{4}$ cup	Almond Milk or Low-fat (1%) Milk
$\frac{1}{2}$ tsp	Honey (optional)



## CHEF'S NOTES

The bright color of beets show that they have a lot of antioxidants, which are important compounds that help heal the body. Beets are also high in fiber, folate, Vitamin A, and Vitamin K.

Fun fact: Locally sourced produce takes a shorter time to get from the farm to your plate, and fresher produce usually has more nutrients. When it comes to healthy options, shopping local is unBEETable!

## DIRECTIONS

1. Gather all necessary equipment and ingredients, including gloves for dicing beets.
2. Wearing gloves, peel and dice beet into 2" cubes. Peel carrot and dice into  $\frac{1}{2}$ " cubes. Peel and juice satsuma or mandarin orange.
3. Combine all ingredients in a high-speed blender and blend until smooth. Serve.

Smoothie with almond milk:

Nutrition Facts	
2 servings per container	
<b>Serving Size</b>	<b>1 glass (422 g)</b>
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value *	
<b>Total Fat 2g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 42g</b>	<b>15%</b>
Dietary Fiber 8g	28%
Total Sugars 27g	
Includes 1g Added Sugars	1%
<b>Protein 4g</b>	<b>9%</b>
Vitamin D 1mcg	5%
Calcium 240mg	18%
Iron 2mg	10%
Potassium 1000mg	21%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Smoothie with 1% milk:

Nutrition Facts	
2 servings per container	
<b>Serving Size</b>	<b>1 glass (416 g)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value *	
<b>Total Fat 2g</b>	<b>2%</b>
Saturated Fat 0.5g	4%
Trans Fat 0g	
<b>Cholesterol less than 5mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 46g</b>	<b>17%</b>
Dietary Fiber 8g	28%
Total Sugars 32g	
Includes 1g Added Sugars	1%
<b>Protein 7g</b>	<b>14%</b>
Vitamin D 1mcg	6%
Calcium 160mg	13%
Iron 2mg	9%
Potassium 1000mg	22%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

