

Citrusy Beet SMOOTHIE



EQUIPMENT: blender, rubber spatula

INGREDIENTS:

- 1.5 cups coconut water
- 1 steamed carrot, peeled
- 1 lemon (zest and juice of the lemon)
- 1 small steamed and peeled beet
- 1 cup pineapple, fresh or frozen chunks

SERVES:
2-3 people

INSTRUCTIONS:

1. Add all of the ingredients to blender jar.
2. Blend on high until all of the fruits and vegetables are liquified.
3. Pour into glasses.

BENEFITS of BEETS:

Betaine – helps prevent chronic diseases like diabetes, heart disease, and arthritis.

Iron – prevents iron deficiency anemia and helps make blood cells.

Potassium – helps maintain normal blood pressure for those with hypertension and heart disease.



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