

Berry-Beet Smoothie

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: ~1¾ cups

Ingredients

1 medium beet, cut into ½-inch-thick wedges (about 1 cup)

1½ cups low-fat (1%) milk

2 cups frozen strawberries

1 tablespoon sweetener (e.g. honey, agave, sugar)

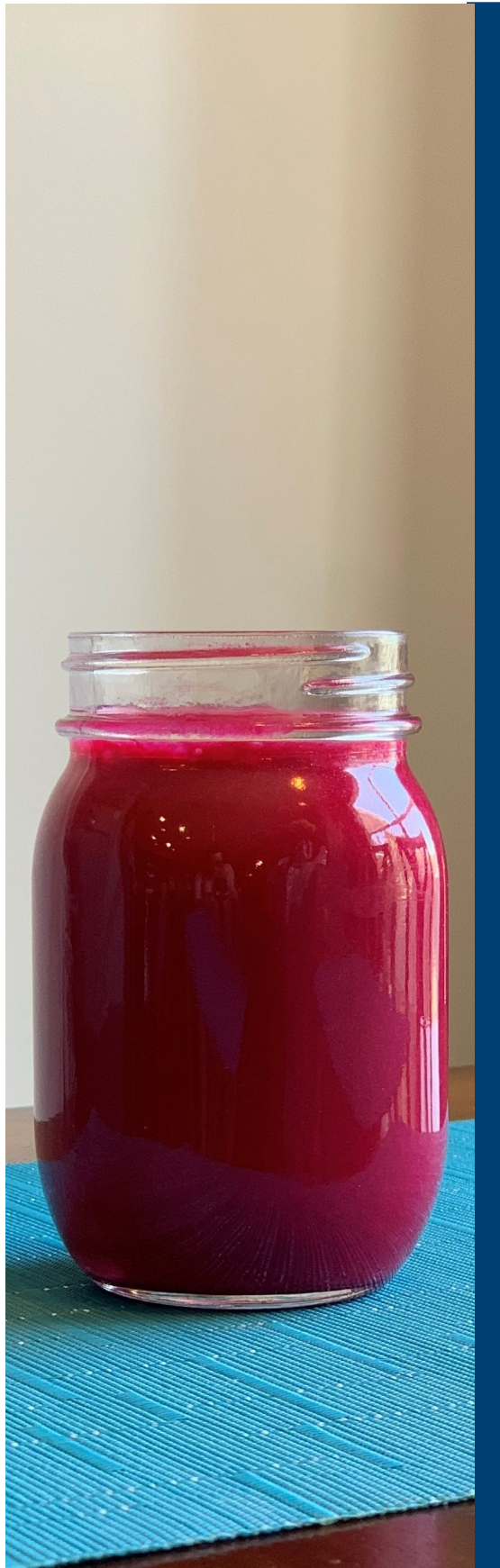
Pinch salt

Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer (just below boiling).
3. Add the beet wedges to the steamer basket and cover the pot with a lid. Cook until the beets are tender, about 12-17 minutes.
4. Remove the steamer basket from the pot and set aside to cool slightly, about 5 minutes.
5. Pour the milk into the pitcher of a blender. Add the berries, selected sweetener, salt, and steamed beets.
6. Blend until smooth and fully combined, about 2-3 minutes.
7. Serve immediately. Leftovers may be frozen, thawing in the microwave at 30% power for 3-5 minutes.

Recipe Notes

- Substitute your favorite unsweetened non-dairy milk, if desired.
- Look for cooked beets in the produce section for an easy option.



Nutrition Facts Per Serving: Calories: 175 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 4 g | Protein: 7 g

For more recipes, please visit www.nutrition.va.gov



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