

Featured Vegetable

BEETS / REMOLACHAS

Rich in folate, iron, potassium, & vitamin C



Brilliant Beet Smoothie

Ingredients	Directions
<p><i>Makes 2 servings</i></p> <ul style="list-style-type: none">● 2 medium <i>beets</i> (or 3 small), cooked and cooled● 1 <i>banana</i>● 1 Cup <i>berries</i> (blueberries, strawberries, or raspberries!)● 1 Cup <i>orange juice</i>● Handful of ice cubes	<ul style="list-style-type: none">● Wash hands, wash everything!● Place all ingredients in a blender and blend until smooth!● ENJOY!

Keep your heart 'beeting'!

Did you know that beets are a SUPERFOOD? You can eat both the root and the leaves of the plant, getting your delicious fill of vitamins & minerals that are anti-inflammatory, detoxifying, and even support both heart and mental health!