Beet & Berry Smoothie *A vibrant, nutrient-packed smoothie*

Servings: 2 smoothies

INGREDIENTS

1/3 cup peeled + chopped raw beet
1 ⅓ cup frozen strawberries
(if fresh, add ice)
1/4 ripe frozen banana
(peeled + sliced)
2/3 cup apple juice
Fresh mint or shredded coconut
(optional for garnish)

DIRECTIONS

1. Add beet, strawberries, banana and apple juice to a blender and blend on high until creamy and smooth, scraping down sides as needed.
2. Taste and adjust flavor as needed, adding more banana for sweetness, apple juice to thin, or strawberries for a more intense fruit flavor.
3. Divide between two serving glasses and enjoy. Optional: Garnish with banana slices, fresh mint, and/or shredded coconut. Best when fresh, though leftovers will keep covered in the refrigerator for up to 2 days. Freeze leftovers in ice cube trays or popsicle molds for an afternoon pick-me-up.

Other ways to use *Beets*

Pickling: Pickle beets with chilies for a flavorful condiment or salad addition.

Desserts: Beets can enhance the flavor of chocolate cake or add sweetness and color to smoothies.

Roasting

1. Trim and peel beets (you may want to peel them before roasting if dicing).
2. Drizzle with olive oil, season with salt and pepper.
3. Roast until tender when pierced with a fork (cooking time varies based on size).
4. Consider adding herbs like rosemary, thyme, bay leaves, or sage.

Air frying

1. Preheat air fryer to 400°F (204°C).
2. Peel and cut beets into ½-inch sticks.
3. Toss with oil, salt, and pepper.
4. Cook in batches in the air fryer until golden brown and crispy (15-20 minutes), tossing once.