



Galina's Very Berry Beet Smoothies

This is a great way to incorporate many garden and locally produced items into one tasty snack (carrot, apples, beets, kale)!

Source: Vitamix

Servings

6

Ingredients

3 cups blueberries

3 carrots

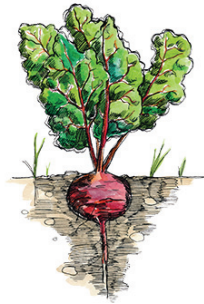
6 apples, *cut into chunks*

3 beets, *peeled and cut into chunks*

9 kale leaves

Preparation

1. Wash and prepare all ingredients.
2. Add all ingredients to blender, preferable a high-powered blender. For a very thick shake, do not add water. Add water to thin or if not using a high-speed blender.
3. Blend 45 seconds.



Did You Know?

Beets are a source of potassium, vitamin A, vitamin C, iron, and magnesium—all great for growing bodies and athletes!

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:
mtharvestofthemonth.org



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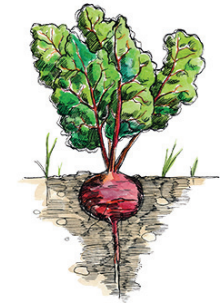
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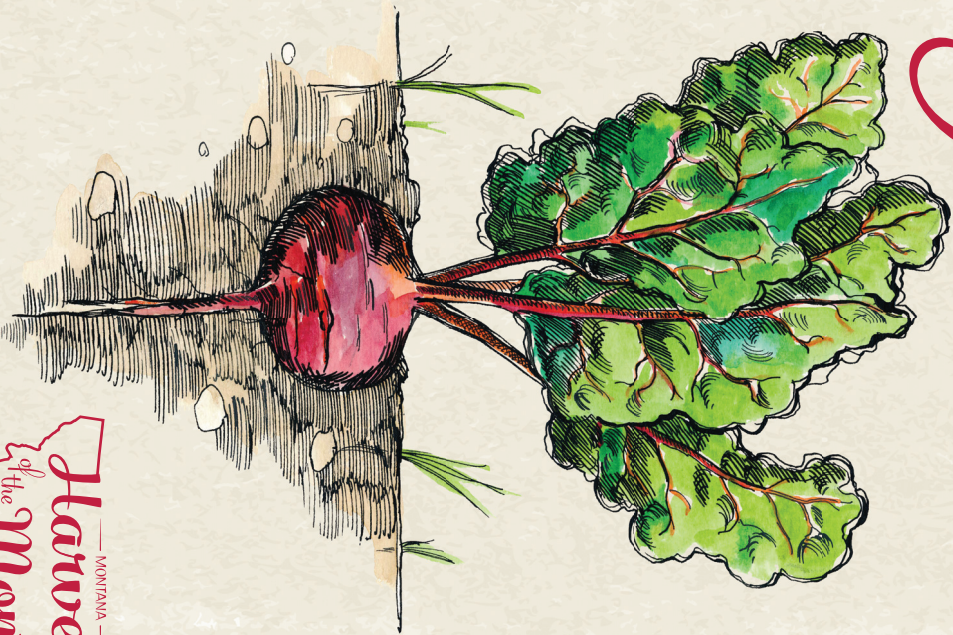
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