



HARVEST OF THE MONTH

February 2021

RECIPE

Beet & Banana Smoothie

A beautiful, tasty and refreshing smoothie that is filling and healthy



Qty	Smoothie ingredients
1	Chopped frozen banana
1	Beet
½ c	Frozen berries of choice
1 c	Milk of choice
1 Tbsp	Honey
½ C	Ice cubes

Makes 1 smoothie

Instructions:

- 1 Preheat oven to 350F
- 2 Wash beet well scrubbing outside to remove dirt and debris. Carefully cut and remove ends with a knife. Pat dry
- 3 Cut beet into quarters and wrap beet in foil. Bake on a cookie sheet for 30-35 mins or until fork tender.
- 4 Remove from oven and allow to cool completely.
- 5 Add all ingredients to a blender and blend on high until smooth and no chunks remain.
- 6 Serve cold

Chef tip: Beets can be cooked ahead of time, diced and frozen for a quick treat!

