



Aunt Nellie's[®]

BEET & SPINACH POWER SMOOTHIE

SERVES: Makes 4 (6 ounce) SERVINGS

PREP TIME: 15 MINUTES

Recipe courtesy of Foodness Gracious

INGREDIENTS

- 1 jar (16 ounces) Aunt Nellie's Whole Pickled Beets
- 1 cup frozen spinach
- 1 cup frozen mixed berries
- 1 small red apple, cored
- 1 container (5.3 to 6 ounces) low-fat vanilla yogurt
- 1 frozen banana
- 1 cup coconut milk

INSTRUCTIONS

1. Drain beets, discard liquid. Place beets in blender container. Add spinach, berries, apple, yogurt, banana and coconut milk. Blend on high speed until smooth.

FIND IT ONLINE:

<https://auntnellies.com/2018-4-19-beet-spinach-power-smoothie/>

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www.auntnellies.com