



Aunt Nellie's[®]

BERRY BEET SMOOTHIE

SERVES: Makes 1 SERVING (approx. 1 to 1- ¼ cups)

PREP TIME: 15 MINUTES

INGREDIENTS

- 1 single serve cup Aunt Nellie's Diced Pickled Beets
 - 1/2 cup fresh or frozen strawberries, raspberries, blueberries or blackberries (use one or a combination)
 - 1 container (about 5.3 ounces) plain or vanilla nonfat Greek or traditional yogurt
 - Ice cubes (optional)
-

INSTRUCTIONS

1. Drain beet cup. Discard liquid. Place beets in blender container.
 2. Add berries. Puree until combined. Add yogurt; puree until smooth. If desired, for colder, thicker smoothie, add 2 to 3 ice cubes and process until combined.
-

FIND IT ONLINE:

<https://auntnellies.com/2017-7-17-beet-berry-smoothie/>

FIND MORE GREAT RECIPES AT:

www.auntnellies.com