



Aunt Nellie's[®]

BEET BERRY SMOOTHIE BOWLS

SERVES: Makes 4 SERVINGS

PREP TIME: 20 MINUTES

Recipe courtesy of Katie Workman-The Mom 100

INGREDIENTS

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1-1/4 cups plain whole milk Greek yogurt, divided
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon finely grated lemon zest
- 3 cups frozen mixed berries
- 2 tablespoons honey (plus more for drizzling)

Optional Toppings

- 2 tablespoons chia seeds
- 1/4 cup granola or muesli
- 2 tablespoons cacao nibs
- 1/2 cup mixed frozen or fresh berries
- 1/4 cup lightly crushed nuts of your choice

NOTE: If necessary, puree ingredients in batches to prevent overflow of blender.

INSTRUCTIONS

1. Drain beets; discard liquid or save for another use.
 2. In zipper top bag, place 1/4 cup of the yogurt, plus the lemon juice and zest. Seal the bag and press lightly to blend all ingredients. Set aside.
 3. In blender combine the remaining 1 cup yogurt with the beets, 3 cups frozen berries and honey. Pulse until well mixed, scraping sides of bowl as needed. Then process until smooth. Scrap down sides and process again. Pour or scoop into four bowls (the mixture will be thick).
 4. Top as desired with the chia seeds, granola or muesli, cacao nibs, additional berries, and/or nuts. Snip a tiny corner off of the zipper top bag, and drizzle yogurt over smoothie bowls, along with a bit of additional honey, as desired. Serve immediately.
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FIND IT ONLINE:

<https://auntnellies.com/beet-berry-smoothie-bowls/>

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