|  |  |
| --- | --- |
|

|  |
| --- |
| Red Beet Power SmoothieC:\Users\Jen\AppData\Local\Microsoft\Windows\INetCache\IE\VO1GFJSK\Vinilo_decorativo_gorro_chef_2[1].pngThis recipe makes use of Riverside’s farm-fresh beets.**Ingredients*** 1 small **red** **beet**, trimmed and peeled
* 1 large apple, cored
* 1 stalk of celery
* 1 cup carrot juice
* 1 cup almond milk
* 2/3 cup frozen sliced peaches
* 1-inch piece of ginger, peeled and sliced

**Directions**1. Roughly chop beet, apple, and celery.

Photo & Recipe: [healthynibblesandbits.com](https://healthynibblesandbits.com/red-beet-power-smoothie/)1. Add all ingredients in a blender and mix (@high speed) until smooth. Taste the smoothie and see if the sweetness is to your liking. Feel free to add a little more fruit if you want something sweeter. Serve immediately. You can store smoothie in a jar for up to 2 days.
 |

 |
| Photo and recipe: Debi / Simply Beautiful Eating |
|  |