



A Nutrition Resource



VERY BERRY BEET SMOOTHIE

Yield: 6 Servings

Cost/Serving: \$1.74

Ingredients:

3 cups blueberries

3 carrots

6 apples, *cut into chunks*

3 beets, *peeled and cut into chunks*

9 kale leaves

Directions:

1. Wash and prepare all ingredients.
2. Add all ingredients to blender, preferable a high-powered blender. For a very thick shake, do not add water. Add water to thin or if not using a high-speed blender.
3. Blend for 45 seconds.

Nutrition Facts

6 servings per container
Serving size 1 cup (0.0g)

Amount Per Serving
Calories 180

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 45g 16%

Dietary Fiber 9g **32%**

Total Sugars 31g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1.2mg 6%

Potassium 590mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Vitamix, MT Harvest of the Month

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