



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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